

## High School Lunch

Public Name	Serving Size	Serving Type	Carbohydrate Grams
Bar Strawberry Nutrigrain	1.00	Each	28.961
BBQ Sauce	1.00	Each	9.999
Beans Fiesta	1.00	Serving (1/2 cup)	19.634
Beans Refried	1.00	Serving (1/2 cup)	30.600
Beef Country Fried Steak	1.00	Each	16.000
Bread Corn Bread	1.00	Serving	50.881
Bread Garlic	1.00	Each	22.000
Bread Mini Flat	1.00	Serving (2 each)	26.000
Bread Roll	1.00	Each	26.859
Breadstick	1.00	Each	13.000
Burrito Bean and Cheese	1.00	Each	44.285
Calzones	1.00	Serving (4 each)	53.334
Cheese Shredded Cheddar	1.00	Tablespoon	0.253
Cheese Slice	1.00	Slice	1.012
Chicken General Tso	1.00	Serving	23.164
Chicken Mandarin Orange	1.00	Serving	19.136
Chicken Popcorn	1.00	Serving	15.773
Chicken Strips	1.00	Serving	14.819
Chicken Sweet and Sour	1.00	Serving	18.128
Chili	1.00	Cup	30.791
Chip Cheddar Sunchips	1.00	Each	17.999
Chip Cheeto Baked	1.00	Each	16.002
Chip Flaming Hot Cheetos	1.00	Each	17.002
Chip French Onion Sun Chips	1.00	Each	17.999
Chip Nacho Cheese Doritos	1.00	Each	20.001
Chip Ranch Doritos	1.00	Each	19.000
Chip Salsa Sunchips	1.00	Each	19.000
Chip Spicy Doritos	1.00	Each	20.001
Chip Sunchip	1.00	Each	19.000
Chip Top n Go Nacho Cheese	1.00	Each	28
Chocolate Pudding	1.00	Each	21.000
Cookie Chocolate Chip	1.00	Each	22.912
Cookie Frosted	1.00	Each	23.961

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Cookie Fudge (a la carte)	1.00	Each	35.438
Corn Dog	1.00	Each	31.256
Dill Pickle Chips	1.00	Slice	0.169
Dressing Asian Sesame	1.00	Serving	6.000
Dressing Creamy Tomatillo	1.00	Serving	6.052
Dressing Italain	1.00	Serving	3.002
Dressing Ranch	1.00	Each	2.024
Dressing Raspberry	1.00	Each	13.503
Egg Roll	1.00	Each	12.009
Enchilada Creamy Chicken	1.00	Each	39.317
French Fries	1.00	Serving	22.013
Fries Curly	1.00	Serving (1/2 cup)	25.615
Fruit Applesauce Cup	1.00	Each	14.645
Fruit Banana	1.00	Each	28.778
Fruit Cocktail	1.00	Serving (1/2 cup)	19.506
Fruit Fresh Pear	1.00	Each	34.542
Fruit Gala Apple	1.00	Each	25.057
Fruit Golden Apple	1.00	Each	18.127
Fruit Granny Smith Apple	1.00	Each	25.057
Fruit Kiwi	1.00	Each	12.827
Fruit Mixed	1.00	Serving (1/2 cup)	22.433
Fruit Orange Wedge	1.00	Each	16.523
Fruit Peach Cup Fz	1.00	Serving (1/2 cup)	19.392
Fruit Peaches	1.00	Serving (1/2 cup)	14.006
Fruit Pear Fresh	1.00	Each	34.542
Fruit Pears	1.00	Serving (1/2 cup)	18.995
Fruit Pears	1.00	Serving	18.811
Fruit Pineapple/Orange	1.00	Serving (1/2 cup)	22.243
Fruit Pineapple/Orange	1.00	Serving (0.5 cup)	22.243
Fruit Red Delish Apple	1.00	Each	20.045
Fruit Sliced Apple	1.00	Bag	7.961
Fruit Strawberries	1.00	Serving (1/2 cup)	21.080
Fruit Strawberry Applesauce	1.00	Each	13.994
Fruit Strawberry Cup	1.00	Serving (1/2 cup)	21.931
Fry Sauce	1.00	Each	1.761

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Gravy Country	1.00	Serving (1/4 cup)	5.537
Gravy Turkey	1.00	Serving (1/4 cup)	3.002
Hot Dog	2.00	Serving	65.930
Ice Cream Fudge Bar	1.00	Each	25.999
Ice Cream Orange Bar	1.00	Each	20.002
Jello	1.00	Serving (1/2 cup)	25.889
Juice Berry Naked	1.00	Each	36.997
Juice Blue Naked	1.00	Each	50
Juice Frozen Brain Freeze	1.00	Serving	31.004
Juice Green Naked	1.00	Each	40.994
Juice Mango Naked	1.00	Each	43.999
Juice Orange	1.00	Each	27.001
Juice Strawberry Banana Naked	1.00	Each	37.989
Ketchup	1.00	Each	0.000
Lasagna	1.00	Serving	30.321
Mac and Cheese	1.00	Serving (2/3 cup)	31.025
Mayonnaise	1.00	Each	0.000
Milk 1%	1.00	Each	12.996
Milk Chocolate	1.00	Each	23.995
Milk Skim	1.00	Each	12.996
Mustard	1.00	Each	0.000
Mustard Honey	1.00	Each	9.112
Olive Ripe	1.00	Tablespoon	0.526
Onion Red	1.00	Tablespoon	0.934
Pepper Banana	1.00	Serving	0.354
Pepper Jalapeno	1.00	Tablespoon	0.766
Pizza Hut Cheese Pizza	1.00	Slice	29.000
Pizza Hut Hawaiian Pizza	1.00	Slice	31.000
Pizza Hut Italian Sausage	1.00	Slice	28.000
Pizza Hut Pepperoni Pizza	1.00	Slice	29.000
Pizza Hut Veggie Pizza	1.00	Slice	30.000
Pork Breaded	1.00	Each	11.000
Pork Carnitas	1.00	Serving	33.048
Potatoes Mashed	1.00	Serving (2/3 cup)	17.860
Rice Brown	1.00	Serving (1 cup)	35.046

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Rice Spanish	1.00	Serving (1 cup)	36.286
Salad Bar Chef	1.00	Serving	28.180
Salad Bar Oriental	1.00	Serving	26.285
Salad Bar Potato	1.00	Serving	22.280
Salad Bar Taco	1.00	Serving	22.831
Salad Side	50.00	Serving	13.087
Salad Side (vending)	1.00	Serving	16.351
Salsa	1.00	0.25 cup	3.912
Salsa Cup	1.00	0.25 cup	3.951
Sandwich Crispy Chicken	1.00	Each	40.122
Sandwich Fish	1.00	Each	45.277
Sandwich Ham and Cheese	1.00	Each	26.787
Sandwich Ham Wrap	1.00	Each	27.848
Sandwich Hamburger	1.00	Each	34.148
Sandwich PBJ Grape	1.00	Each	31.039
Sandwich PBJ Strawberry	1.00	Each	31.039
Sandwich Roast Beef Wrap	1.00	Each	27.155
Sandwich Spicy Chicken	1.00	Serving	20.950
Sandwich Toasted Cheese	1.00	Each	33.294
Sandwich Turkey Provolone	1.00	Each	25.016
Sandwich Turkey Wrap	1.00	Each	27.486
Sauce BBQ	1.00	Each	9.999
Sauce Marinara	1.00	Serving	14.425
Sauce Taco	1.00	Each	1.040
Sauce Tartar	1.00	Each	3.544
Soup Broccoli and Cheese	1.00	Serving (1 cup)	7.230
Soup Taco	1.00	Serving (1 cup)	31.517
Soup Tomato	1.00	Serving (1 cup)	15.715
Sour Cream	1.00	Each	2.024
Spaghetti Meat Sauce	1.00	Serving	16.043
Spaghetti Noodles	1.00	Serving (1 cup)	20.500
String Cheese	1.00	Each	1.012
Taco	1.00	Serving	9.273
Taco Fixings	1.00	Serving	5.528
Taco Meat	1.00	Serving	3.292

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Tater Tots	1.00	Serving (1/2 cup)	16.140
Tomato Slice	1.00	slice, thin/small**	0.584
Turkey Roast	1.00	Serving	1.740
Vanilla Pudding	1.00	Each	20.000
Veg Baked Potato	1.00	Each	47.968
Veg California Blend	1.00	Serving (1/2 cup)	3.498
Veg Carrots Baby	1.00	Bag	3.738
Veg Corn	1.00	Serving (1/2 cup)	12.767
Veg Fajita	1.00	Serving (1/2 cup)	3.330
Veg Fresh Veggie Mix	1.00	Serving (1/2 cup)	3.710
Veg Green Beans	1.00	Serving (1/2 cup)	3.964
Veg Lettuce Shredded	1.00	Ounce	0.936
Veg Mixed Cup	1.00	Serving	3.710
Veg Peas	1.00	Serving (1/2 cup)	11.448
Veg Steamed Broccoli	1.00	Serving (1/2 cup)	5.065