

LHS Lunch Carb Counts 2017-2018

(5pc) Chicken Nuggets 12	Beef Pepperoni Calzone 35	Mac & Cheese 30 (2/3C)	Bellacino's Pizza 43 per slice	BBQ Pulled pork Sandwich 42	LHS Options*	
Steamed Broccoli 1 (1/2 C)	Mixed Fresh Veggies 6 (1/2 C)	Green Salad 2 (1 cup)	Green Salad 2 (1 cup)	Fish Sandwich 39	Milk	Condiments
Seasoned Rice 30 (1/2 C)	Hummus 2 TBS 5	Peas 12 (1/2 C)	Chickpeas 9 (1/4 C)	Buffalo Chicken Sand 26	White 1% 13	BBQ Sauce Cup 11
Fruit	Corn 1/2 cup 22	Fruit	Fresh Veggies 6 (1/2 cup)	BBQ PulledChicken Sand 33	Fat Free Choc 23	Ketchup 3
Cheez It Crackers 14	Green Salad 2 (1 cup)	Dinner Roll 16	Hummus 5 (2tbs)	Cole Slaw 4 (1/2 C)	FF Strawberry 28	Mayonnaise 1
	Fruit		Fruit	Salad 2 / Carrots 9 (1/2 C)		Mustard 0
				Frozen Fruit Treat 20/ Fruit--		Alfredo Sauce 10
					Fresh Fruits	Spag Sauce/Dip 3
Chicken Tenders w/ Roll 28	Beef 5 Bean 16 Cheese 1 Nachos	2 ea Stuffed Cheese Sticks 30	Pasta-1/2C 18- Sauce 1/4 C 5	Corn Dog 30	1/2 Apple 10	Salad Dressing
Baby Carrots 7	Corn 22 (1/2 C)	Sweet Potato Fries 18 3oz	Meatballs 4ea - 8	Fish Sandwich 39	Oranges 28	Lite Ranch 1 TB 3
Potato Wedges 3 oz 18	Black Bean Salsa 6 (1/4 C)	Fresh Veggies/Hummus 6/5	Salad 2 Chickpeas 9 (1/4 C)	Baked Beans 24 (1/2 c)	Bananas 28	LowFat Italian 1 TB 3
Green Salad 2	Tortilla Chips 4	Green Salad 2	Breadstick 20 Bun 25	Green Salad 2	Grapes 16	
Fruit	Fruit	Fruit	Fruit	Ice Cream Treat	Pears 9	
	**Refried Beans 1/2C 23			Fruit	Raisins 30	Ice Cream Treats
	** -Mixture of 2 brands				Canned Fruits 1/2 C	FireCracker Jr 8
						Fudge Bar 16
(5 pc) Chicken Nuggets 12	Beef Pepperoni Calzone 35	Chicken & Cheese Quesadilla 38	Cheese Ravoli 3 each - 24	Sloppy Joe Sand 36	Applesauce 14	Orange Creamsicle 14
Steamed Broccoli 1 (1/2 C)	Mixed Fresh Veggies 6 (1/2 C)	Black Bean Salsa 12 (1/2 C)	Sauce (1/2 cup) 10	Fish Sandwich 39	Mandarin Oranges 20	Ice Cream Sand 21
Seasoned Rice 30 (1/2 C)	Hummus 2 TBS 5	Fresh Veggies 1/2 C 6	Breadstick 20	BBQ PulledChicken Sand 33	Mixed Fruit 15	IC Cups 15
Fruit	Corn 1/2 cup 22	Hummus 2 TBS 5	Green Salad 2	Buffalo Chicken Sand 26	Pears 18	
Cheez It Crackers 14	Green Salad 2	Green Salad 2 Fruit	Chick Peas 9 (1/4 c)	Baby Carrots 7	Peaches 18	NSA IC Cups 16
	Fruit		Fruit	Green Salad 2 Fruit	Pineapple 11	
Chicken Breast Tenders/Roll 28	Beef 5 Bean 16 Cheese 1 Nachos	Cheezy Breakstick 30	Pasta-1/2C 18- Sauce 1/2 C 10	Beef Riblet Sandwich 25	Green Salad 2 (1 cup)	
Green Beans (1/2 C) 7	Corn 22 (1/2 C)	Sweet Potato Fries 3 oz 18	Meatballs 4ea - 8	Fish Sandwich 39	Fresh Veggies 6 (1/2 cup)	
Potato Wedges 3oz 18	Black Bean Salsa 6 (1/4 C)	Green Salad 2	Salad 2 Chickpeas 9 (1/4C)	Baked Beans 25 (1/2 C)	Hummus Dip 5 (2 TBS)	
Green Salad 2	Tortilla Chips 4 Fruit	Fruit	Breadstick 20 Bun 25	Green Salad 2		
Fruit	**Refried Beans 1/2 C 23	Cookie 18	Fruit	Fruit		
	** Mixture of 2 brands	FreshVeggies 6 Hummus 5				

This nutritional information should not be used for menu planning for children with medical conditions or food allergies. Please consult a medical professional for assistance.

IT IS IMPORTANT TO NOTE THAT INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITH OR WITHOUT NOTICE.

Please note that the School District nor the Nutritional Analysis software provider, CANNOT guarantee that the information provided is **100% accurate and up-to-date. The nutritional information that is displayed is provided by food manufacturers, distributors, and other third parties.**

Menu Items are chosen based on the dietary Guidelines for Americans and USDA National School Lunch Program.

8/29/2017

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