

**CALORIES, CARBOHYDRATE COUNT, AND FIBER  
FOR MS AND HS LUNCH MENUS**

For more information, please contact Mark Bindus, RDN,LD directly at 216-214-2745

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)
<b>ENTREES</b>			
Bacon Cheese Burger on a Whole Grain Bun	361	24.42	3.64
BBQ Rib Sandwich on a Whole Grain Hoagie Bun	412	51.45	4
Breaded Chicken Sandwich, on a Whole Grain Bun	290	38.01	5
Breaded Fish Sandwich on a Whole Grain Bun	340	36	3
Breakfast Bagel Sandwich (Whole Grain Bagel)	285	31.42	4
Build your Own Burger Bar	361	24.42	3.64
Cheesy Breadsticks, Whole Grain (8 cut) with Italian Dunking Sauce	358	35.63	3.75
Chicken Bacon Mozzarella on a Whole Grain Sub	392	36.96	2
Chicken Parmesan Sandwich on a Whole Grain Bun	397	39.9	6.25
Chicken Parmesan with Breadstick	375	37.4	3.49
Chicken Quesidilla, (2 HALVES)	426	36.01	3.85
Chicken Tenders, Whole Grain Breading (5 each)	154	6.4	0
Corn Dog, Whole Grain	240	30	5
Corn Dogs, Mini, Whole Grain, 6 each	250	31	3
Entrée Salad - Popcorn Chicken & others with Dressing	322	31.97	2.36
French Toast with Syrup and Sliced Ham	410	58.8	2.67
General Tso or Sweet n Sour Chicken with Brown Rice	479	83.43	6.24
Hamburger or Cheeseburger on a Whole Grain Bun	355	22.85	3.07
Hot Dog (turkey) on a Whole Grain Bun	250	24	3
Hot Soft Pretzel, Whole Grain 2 oz with Real Cheese Sauce	307	34.74	3.07
Macaroni and Cheese, Whole Grain, Homemade	486	40.08	3.52
Meatball Sub on a Whole Grain Bun	376	41.97	5.08



**CALORIES, CARBOHYDRATE COUNT, AND FIBER  
FOR MS AND HS LUNCH MENUS**

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)
<b>VEGETABLES</b>			
Baby Carrots, No Dressing, 1/2 cup	13	3	1.07
BBQ Baked Beans, 1/2 cup	180	33.57	5.13
Broccoli and Carrots, Fresh, 1/2 cup	17	3	1
Broccoli, Fresh Steamed, 1/2 cup	19	3.91	1.8
Buttered Corn, 1/2 cup	106	21.23	2.64
California Vegetable Mix, 1/2 cup	17	3.33	1.33
Cinnamon Sugar Chickpea Snack	174	30.85	7.31
Coleslaw, Low Fat, 1/2 cup	103	11.27	0.76
Cucumbers, Sliced, No Dressing, 1/2 cup	9	2.19	0.3
Fries, Seasoned, Curly, Oven Baked, 1/2 cup	125	16.67	1.67
Fries, Seasoned, Wedge Cut, 1/2 cup	183	41.03	2.83
Garden Salad, No Dressing, 1 cup	8	1.62	0.89
Green Beans, Canned, Low Sodium, 1/2 cup	14	3.06	1.29
Mashed Potatoes with Gravy, 2/3 cup	180	26.94	2.33
Oriental Vegetables, 1/2 cup	20	2.5	1
Pasta, Whole Grain, with Marinara Sauce	152	29.97	2.36
Peppers and Onions, 1/2 cup	33	5.33	2
Potato Rounds, 1/2 cup	161	23.44	2.11
Potato Smiles, 4 each, 1/2 cup	224	32.53	2.8
Potato Triangles, 2 each, 2/3 cup	204	24	2.2
Potato, Twice Baked, 1/2 each with Toppings	151	21.66	2.22
Refried Beans, Crunch, Cheesy, 1/2 cup	170	22.51	7.34
Sugar Snap Pea Pods, 1/2 cup	30	5.22	1.49
Sweet Potato Fries with Cinnamon Topping, 1/2 cup	160	23	3
Sweet Potatoes, Mashed, 1/2 cup	178	35.45	3.05
Vegetable Egg Roll, 1.5 oz	90	10.5	1
<b>VEGETABLE TOPPINGS</b>			
Ranch Dressing, Low Fat, Homemade, 1 oz Portion	40	3.33	0
Italian Dressing, Low Fat, 1 oz Portion	20	2	0
Cheese Sauce, 1 oz	20	3	0

**CALORIES, CARBOHYDRATE COUNT, AND FIBER  
FOR MS AND HS LUNCH MENUS**

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)
<b>FRUITS</b>			
Apples, Fresh Sliced, with 3/4 oz Caramel	129	32.61	2.07
Applesauce, Unsweetened, 1/2 cup	52	13.77	1.46
Applesauce, Unsweetened, Flavored, 1/2 cup	70	18.03	1.53
Banana, Mini, Whole	90	23.07	2.63
Banana, Sliced, with Drizzled Chocolate Syrup	105	26.57	2.79
Cantaloupe, Fresh, 1/8th wedge, 1/2 cup	24	6	1
Fruit Punch Jello, 100% juice, 1/2 cup	111	26.73	0.13
Grapes, Red Seedless, Fresh, 1/2 cup	31	7.89	0.41
Juice, All Varieties, 100%, 4 oz	60	15	0
Orange Wedges, 4 wedges, 1/2 cup	34	8.46	1.73
Oranges, Mandarin, Canned, 1/2 cup	71	18.21	1.36
Peaches, Canned, 1/2 cup	68	18.26	1.63
Pears, Canned, 1/2 cup	65	17.2	1.81
Pineapple Chunks, Canned in Juice, 1/2 cup	68	17.64	1.47
Sliced Apples, Warm, with Cinnamon Sugar Topping	127	32.9	3.44
Sorbet, 100% Juice, 1/2 Cup	100	24	0
Strawberries, Frozen, with 1/2 oz dollop of whipped topping	51	8.8	1.56
Watermelon, Wedge, 1/2 cup	21	5.36	0.28
<b>MILK</b>			
Milk, Chocolate, Fat Free, 8oz	120	23	0
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0
Milk, 1%, Unflavored, 8 oz	102	12.18	0

