

2022-23	Allergy & Carbs	D34 Lunch Menu
Offer vs. Serve: 5 Components Offered; Students must take 1/2c Fruit or Vegetable		
Fruits= 1/2c	Vegetables= 1/2c	Proteins= 1-2oz
Whole Grains= 1-2oz	Dairy= 1/2c	Low Fat/Skim Milk= 1c
Main Entrée	Carbs	Allergy
Hamburger, Steakburger	0g, 1 ea.	S
Hamburger, Flame Broiled	2g, 1ea	S
Pork Rib Patty, Sauced	8g, 1ea	S
Meatballs	4g, 5ea	M,S,W
Chili w/Beans	15g, 6oz	S
Salisbury Steak	4g, 1ea	M, S, W
Bun, Hamburger	19g, 1 ea	W
Hot Dog	1g, 1ea	
Bun, Hot Dog	19g, 1 ea	W
Chicken Corn Dog	30g, 1ea	E, S, W
Mini Corn Dog	17g, 4ea	E,M,S,W
Deli Ham	0g, 4sl	
Deli Turkey	0g, 4sl	
Diced Ham	0g, 3oz	
Turkey Stick, Sweet BBQ	0g, 1ea	
Turkey Stick, Smokehouse	0g, 1 ea	
Ham & Cheese on Hawaiian Roll	27g, 1 each	M, S, W
Turkey Ham & Cheese Sandwich	27g, 1 each	M,S,W
Turkey & Cheese Sandwich	27g, 1 each	M,S,W
Bread	16g, 1 sl	W
Roll, Sub	29g, 1ea	W
Flatbread	26g, 1ea	S,W
Sun Butter & Jelly Sandwich	33g, 1 ea	S, W
Soy Butter & Jelly Sandwich	28g, 1ea	S,W
Pretzel, Baked, Rod	2ea, 29g	W
Pretzel, Baked, Soft	30g, 1ea	W
Meat Sauce	9g, 6oz	
Marinara Sauce	8g, 1/2c	
Ravioli, Beef	30g, 1c	M,S,W
Breadstick, Garlic & Herb	12g, 1ea	W
JTM Mac & Cheese	28g, 6oz	E, M, S, W
JTM Burger Mac & Cheese	28g, 6oz	E, M, S, W
JTM Pasta w/Meat Sauce	29g, 8oz	S, W
Beef, Bean, Cheese Burrito	40g, 1 ea	M, S, W
Beef & Cheese Burrito Taco	38g, 1ea	M,S,W
Dinner Roll	11g, 1ea	W
Taco		
Beef Taco Stick	32g, 1 ea	M, S, W
Beef Taco Meat	5g, 3oz	S
Chicken Taco Meat	3g, 2oz	
Tortilla Chips or Corn Chips	18g, 1oz	

Corn Shells, Jumbo Crunchy	28g, 2ea	
Tortilla, Flour, 8 or 6in.	30g/15g, 1ea	W
Tortilla, Flour, 4in, Street Taco	20g, 2ea	W
Tortilla, White Corn, Street Taco	12g, 3ea	
Potato: 1/2c		
French Fry, Crinkle Cut	16g	
Potato Wedges	19g	
Tater Tots	19g	
Triangles	21g	
Hash Brown Patty	15g	
Roasted Potato	17g	W
Potato Smiles	25g	
Mashed Potato Bites	28g	M
Sweet Potato, Fry	17g	
Sweet Potato, Tot	34g	
Sweet Potato, Wedge	31g	
Mashed Potato	17g	M
Noodles, Chow Mein	30g	W, S
Pasta	41g	W
Rice, Brown Chicken	40g	
Fried Rice, Vegetable	54g, 6oz	S,W
Egg Roll, Vegetable	22g, 1ea	E,W
Cheese:		
Cheese, Shredded	1g, 2oz	M
Cheese, Cup, Nacho	15g, 3oz	M
Cheese, Cup, Cheddar	14g, 3oz	M
Sauce, Cheddar or Jalapeno	3g, 3oz	M,S
Sauce, White Blend	2g, 3oz	M
String Cheese	2g, 1ea	M
Cheese, Cubed, Colby	1g, 1oz	M
Cottage Cheese	5g, 4oz	M
Mac & Cheese	43g, 1c	E,M,W
Cheese Quesadilla	39g, 1ea	M,S,W
Grilled Cheese	31g, 1ea	M,S,W
Breakfast Sandwich:		
Egg Patty	1g	E,M
Colby Omelette	1g	E,M
Sausage Patty or Links	0g, 2ea.	
Bagel, Plain	28g, 1ea	W
Bagel, Cinn. Raisin	34g, 1ea	W
Pillsbury Biscuit	29g	M,W
Croissant	32g, 1 ea	M, S, W
Cheese, Sliced	2g, 2ea	M
Eggs, Hard Boiled	1g, 1ea	E
Breakfast:		
Mini Pancake	37g, 8ea	E,M,W

Mini Waffle	37g, 8ea	E,M,S,W
Waffle	33g, 2ea	M,S,W
Mini Cinni	40g, 1 pkg	M, W
Mini Bagels, Strawberry Crm Cheese	42g, 1 pkg	M,W
Cereal Cup, 2oz	46g, 1 ea	
Donut, Glazed	29g, 1ea	E,M,S,W
Donut, Cake	23g, 1ea	E,M,S,W
Super Bakery Bread	45g, 1ea	E,M,S,W
Appleway Oatmeal Bars	23g, 1ea	M,W
Granola Bar, Maple Brown Sugar	28g, 1ea	M,S,W
Pop Tart, all flavors	38g, 1ea	S,W
Yogurt, Danimals	12g, 1/2c	M
Yogurt, Upstate Farms	19g, 1/2c	M
Yogurt, Tube	8g, 1 each	M
Yogurt, Pouch	31g, 2/3c	M
<u>Muffins: 2oz</u>		
Blueberry	26g	E,M,S,W
Choc. Chip	29g	E,M,S,W
Banana	28g	E,M,S,W
Apple Cinnamon	27g, 1 each	E,M,S,W
Juice, Orange or Apple	14g/13g, 1/2c	
Granola, Nut Free	19g, 1/4c	S
French Toast Sticks	25g, 3ea	E,M,S,W
Egg, Potato, Sausage Cheese Taco	17g, 1each	E, M, S, W
Egg & Cheese Taco	17g, 1 each	E, M, S, W
Egg, Cheese, & Sausage Burrito	20g, 1 each	E, M, S, W
Chicken:		
Chicken Nugget	19.5g, 6ea;16g, 5ea	S,W
Chicken Tender	16g, 3ea	S,W
Popcorn Chicken	16g, 12ea	S,W
Chicken Patty	16g, 1ea	S,W
Chicken, Diced	1g, 2oz	S,W
Chicken Wing, boneless	16g, 5ea	S,W
Chicken Crispito	44g, 2 each	M, W
Turkey Pepperoni	2g, 2oz	
Turkey Bacon	0g, 1sl	
Pizza:		
Cheese Bosco: 6 or 7 inch	17g/27g, 1ea	M, W
Cheese Pizza, The Max	32g, 1sl	M,S,W
Cheese Pizza, Big Daddy	43g, 1sl	M,S,W
Cheese Pizza, French Bread	23g, 1 ea	M,S,W
Cheese Pizza, Round	22g, 1ea	M,S,W
Cheese Pizza, Stuffed Crust	34g, 1 sl	M,S,W
Cheese Stuffed Breadsticks	28g, 2ea	M,W
Calzone, Cheese	33g, 1ea	M, S, W
Cheese Pizza, Wedge	34g, 1 sl	M,W, S

Cheese Breadstick Bites	28g, 4ea	M,W
Chips & Snacks: 1 Pkg.		
Chips, Baked	19g	W
Chips, Sun	19g	W
Doritos	18g	
Fritos	16g	
Lays, Assorted Flavors	16g	
Tostitos, Baked Scoops	19g	
Round Tortilla Chips	25g	
Goldfish Crackers	14g	M,W
Pretzels, Hartzels	16g	W
Graham Crackers, Teddy	21g	W
Graham Crackers, Choc.	20g	W, S
Graham Cracker Bits	19g	M,S,W
Crackers, Animal	22g	W,S
Crackers, Cheez Its	14g	M,S,W
Popcorn, White Cheddar	13g	M
Cheetohs, Baked	16g	M
Crackers, Oyster	11g	W
Crackers, Saltine	5g	W
Gardetto Snack Mix	33g	W
<u>Chex Mix:</u>		
Strawberry Yogurt	23g	M,S,W
Traditional	35g	S,W
Cheddar	20g	M,S,W
Rice Krispie	30g	M,S
Low Fat Ice Cream Cup	19g	M
Slushie Sidekicks	22g	
Jonny Pop	10g	M
Cool Tropics, Paradise Punch	16g, 4oz	
Cool Tropics, Blue Raspberry	15g, 4oz	
Pudding, Vanilla & Choc.	21g/24g	M
Fruit Snacks, Scooby Doo	21g	
Fruit Snacks, Welch	20g	
Fruit Roll Up	11g	
Craisins	28g	
Raisins	31g	
Sour Raisins	25g	
Gelatin Cup	25g	
IW Smart Cookie	31g	E,M,S,W
Strudel, Apple	36g, 1ea	M,W
Benefit Bar	47g, 1ea	E,M,S,W
Breakfast Bar	30g, 1ea	W
Zee Zee Bars	33g	S,W
Cinnamon Bug Bites	21g	S,W
Pickles:		

Bread & Butter	6g, 1oz	
Spears	1g, 1ea	
Chips	0g, 1oz	
Relish	3g	
Condiments:		
Croutons	9g	M,W
Bacon Bits	0g, 2T	
Marinara Cup	4g, 2.5oz	
Salsa Cup	2g, 3oz	
Ranch Cup	3g	E,M
Honey Mustard Cup	5g	
Sweet & Sour Cup	12g	
Margarine Cup	0g	
Jelly Cup	7g	
Cream Cheese Cup	2g	M
Syrup Cup	31g	
<u>Packets:</u>		
Ketchup	2g	
Mustard	0g	
Mayo	0g	E
BBQ Sauce	10g	
Taco Sauce	1g	
Honey	7g	
Sour Cream	2g	M
Sunflower Seed Butter	7g, 2T	
Parmesean Cheese	0g	M
Italian Dressing	4g	M
French Dressing	12g	
Ranch Dressing	2g	E,M
Hot Sauce	0g	
Black Olives	1g, 2T	
Jalapenos, Sliced	1g, 1oz	
Gravy, Beef or Chicken	4g, 1oz	M,S,W
Hummus Cup, Chocolate	9g, 1.25oz	
Hummus Cup, Classic	9g, 2oz	
Hummus Cup, Roasted Red Pepper	18g, 1oz	
Beans: 1/2c		
Baked Vegetarian	29g	
Garbanzo	19g	
Black	23g	
Kidney	16g	
Refried	23g	
Premade Salads: 1/2c		
Pasta	32g	W
Coleslaw	12g	E

Tuna	10g	F
Potato	27g	E
Chicken	10g	E
Mixed Bean	22g	
Egg	10g	E
Canned Fruit: 1/2c		
Peaches, Sliced or Diced	11g	
Pears, Sliced or Diced	15g	
Mandarin Oranges	20g	
Mixed Fruit	13g	
Tropical Fruit	24g	
Pineapple, Chunks or Tidbits	18g	
Applesauce	12g	
Cranberry Sauce	25g	
Frozen Fruit: 1/2c		
Strawberry	13g	
Mixed Berry	12g	
Peach	19g	
Fruit Mix	7.5g	
Canned Vegetables: 1/2c		
Corn	16g	
Carrots	5g	
Green Beans	4g	
Mixed Veggies	9g	
Carrots & Peas	10g	
Salad Beets	8g	
Frozen Vegetables: 1/2c		
Onions & Peppers	14g	
California Medley	5g	
Mixed Veggies	12g	
Broccoli	4g	
Corn	16g	
Carrots	7g	
Peas	10g	
Green Beans	6g	
Peas & Carrots	10g	
Fresh Fruit: 1/2c or 1 each		
Clementines	9g	
Oranges	18g	
Watermelon	11g	
Strawberries	10g	
Kiwi	11g	
Pineapple	20g	
Pears	25g	

Plums	8g	
Grapes, Green or Red	22g/28g	
Banana	27g	
Apples: Green or Red	18g	
Apples: Sliced	8g	
Apples: Sliced, Bagged	7g	
Honeydew Melon	11g	
Cantaloupe Melon	11g	
Blueberries	21g	
Fresh Vegetables: 1/2c		
Jicama Sticks	11g	
Snap Peas	5g	
Zucchini	2g	
Yellow Squash	0g	
Mushrooms, Sliced	2g	
Onions, Diced	3g	
Red Onions, Diced	3g	
Carrots, Baby	7g	
Carrots, Sticks	12g	
Celery, Sticks	1g	
Cucumbers	2g	
Cauliflower Florets	8g	
Broccoli Florets	11g	
Shredded Cabbage w/Carrots	5g	
Shredded Cabbage, Red	5g	
Tomato, Grape or Cherry	7g/6g	
Tomato, Sliced or Diced	7g	
Baby Spinach	1g	
Kale	7g	
Salad, Romaine Blend	3g	
Salad, Spring Mix	2g	
Romaine, Chopped or Shredded	2g/0g	
Lettuce, Shredded	2g	
Red Peppers	9g	
Yellow Peppers	12g	
Green Peppers	7g	
Orange Peppers	12g	
Mini Peppers	7g	
Soup: 1/2C		
<u>Campbell's Healthy Request:</u>		
Tomato	18g	W