

Lake Orion High School  
February - June 2018 Carb Count

Bay # 2 Menu Items	Serving Size	Carbs (g)
Cheeseburger on a Bun	1	27
Corn Dogs	6 each	20
Spicy Chicken Patty on a Bun	1	42
Chicken Patty on a Bun	1	41
Individual Round Cheese Pizza	1	43
Individual Round Pepperoni Pizza	1	39
Mozzerella Cheese Sticks	6 each	33
Spicy Chicken Bites	6 each	12
Honey Sriracha Chicken Bites	6 each	28
Pretzel	1	38

Bay #1 Menu Items	Serving Size	Carbs (g)
Chicken Nuggets	10 pieces	20
Tangarine Chicken	1/2 cup	25
Rice	1/2 cup	20
Bosco Sticks	2 each	54
Chicken Ala King over Biscuit	6 oz	40
Dragon Stomp		
Chicken	12 pieces	14
Mashed Potatoes	1/2 cup	15
Corn	1/2 cup	21
Gravy	1 oz	4
Chicken & Waffle	3 pieces	39
Syrup	1 oz	
Grilled Cheese Sandwich	1 Sandwich	41
Macaroni & Cheese	6 oz	32
Baked Lasagna	6 oz	26
Cheese Quesadilla	1 each	39
Chicken Alfredo		
Alfredo Sauce	2 oz	5
Fettuccini	1/2 cup	41

Bay #3 Menu Items	Serving Size	Carbs (g)
Turkey Club Panini	1	38
Hot Ham & Cheese on Pretzel Bun	1	65
Pizza Slice Cheese	1	39
Pizza Slice Pepperoni	1	39
Chicken Salad Club Sandwich	1	21
Italian Sub	1	32
Turkey & Cheese Wrap	1	21
Walnut Chicken Wrap	1	51
Grilled Chicken Wrap	1	20

SIDES		
Apple Sauce	1/2 cup	17
Apple, Whole	1 each	19
Apple Slices (bag)	2 oz	19
Pear, Whole	1 each	28
Pears, Diced in Juice	1/2 cup	20
Mandarines in Juice	1/2 cup	14
Banana , Whole	1 each	27
Orange, Whole	1 each	18
Peach, Diced in Juice	1/2 cup	12
Grapes	1/2 cup	22
Strawberry/Kiew	1/2 cup	6
Melon Cup	1/2 cup	10
Broccoli, Fresh	1/2 cup	2
Cauliflower, Fresh	1/2 cup	3
Celery Sticks	1/2 cup	3
Carrots, Baby Whole	3 oz	7
Lettuce with Tomato	1/2 cup	2
Mashed Potatoes	1/2 cup	15
Gravy	2 oz	16
Potato Hash Browns	2 each	27
Seasoned Diced Potatoes	1/2 cup	24
Diced Breakfast Potatoes	1/2 cup	15
French Fries	1/2 cup	17
Corn	1/2 cup	21
Steamed Broccoli	1/2 cup	2
Steamed Carrots	1/2 cup	7
Steamed Mixed Vegetables	1/2 cup	
Asian Mixed Vegetables	1/2 cup	4
Refried Beans	1/2 cup	23
Edamame	1/2 cup	7
Mexican Rice	1/4 cup	21
Brown Rice	1/4 cup	37