

Lake Orion High School - Menu Carb Count March - June 2019

BAY #1 MENU ITEMS	Serving Size	Carbs (g)
Chicken Nuggets	10 pieces	20
Tangerine Chicken	1/2 Cup	25
Rice	1/2 cup	20
Bosco Sticks	2 each	54
Stromboli	1 each	29
<i>Dragon Stomp</i>		
Chicken	12 pieces	14
Mashed Potatoes	1/2 cup	15
Corn	1/2 cup	21
Gravy	1 oz.	4
<i>Chicken & Waffle</i>	3 pieces	39
Syrup	1 oz.	26
Grilled Cheese Sandwich	1 sandwich	41
Macaroni & Cheese	6 oz.	32
Baked Lasagna	6 oz.	26
Cheese Quesadilla	1 each	39
<i>Chicken Alfredo</i>		
Alfredo Sauce	2 oz.	5
Fettuccini	1/2 cup	41
<i>Chicken in a Basket</i>		
Chicken Tenders	3 each	11
Oven Fries	1/2 cup	21
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
Mozzarella Cheese Sticks	6 each	33
Spicy Chicken Bites	6 each	12
Honey Sriracha Chicken Bites	6 each	28
Pretzel	1	38
Chicken Taquitos	5	47
Chicken Mini Tacos	11	33
Cheese Garlic French Bread Pizza	1 each	30
BAY #3 MENU ITEMS	Serving Size	Carbs (g)
Turkey Club Panini	1	38
Hot Ham & Cheese on a 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

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SIDES	Serving Size	Carbs (g)
Applesauce	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
Mandarins in Juice	1/2 cup	14
Banana, whole	1 each	27
Orange, whole	1 each	18
Peaches, Diced in Juice	1/2 cup	12
Grapes	1/2 cup	22
Strawberry Kiwi	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
Oven Fries	1/2 cup	21
Corn	1/2 cup	21
Steamed Broccoli	1/2 cup	2
Steamed Carrots	1/2 cup	7
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
Dinner Roll	1 each	13