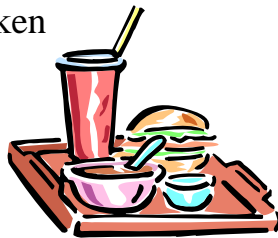




SCHOOL LUNCH MENU ITEMS PORTION SIZES AND APPROX. CARBOHYDRATE EQUIVALENTS

0 CARBS

Lettuce salad
Celery/carrot sticks
2 packets catsup
½ cup green beans
½ cup California blend veg.
1 fortune cookie
¼ cup salsa
Cheese omelet
Salisbury steak
Grilled chicken



1 CARB (15 grams)

½ cup peas
½ cup mashed potatoes
½ cup corn
1 roll
15 Teddy Grahams
½ cup au gratin potatoes
1/3 cup baked beans
1 Rice Krispie treat
3 graham cracker squares
2 in. square unfrosted cake
1 oz. chips
3 oz. potato wedges or
French fries
1 oz. biscuit

1 soft taco
½ cup fruit juice
½ cup cnd fruit in light syrup
1 carton white milk
3” cookie
½ cup Mexican corn
½ cup Jell-O
1 oz. garlic toast
1 cup tomato soup
½ cup Goldfish crackers
6 packets catsup
1 small apple, banana, or
orange
1 corn dog

1 ½ CARBS (23 grams)

1 cinnamon roll
1 hot dog on bun
½ cup macaroni and cheese
½ cup pudding

2 CARBS (30 grams)

1 cup turkey/chicken and
noodles
1 slice of pizza
1 grilled cheese sandwich
1 cheeseburger on a bun
1 carton chocolate milk
1 deli sandwich on a bun
2 in. square of frosted cake

3 CARBS (45 grams)

1 cup spaghetti with meat
sauce
Chicken patty on a bun
Pork fritter on a bun
BBQ rib on bun

If a food item has a label on it, please use information on the label. Label information will be more accurate. 15 g Total Carbohydrate is equal to 1 carb choice. The carbohydrate information on a food label is for the portion size listed on the label, found just under NUTRITION FACTS. You can use the following information below to determine the number of carb choices a food counts for from the food label:

CONVERTING CARB (G) TO CARB CHOICES

6-10 g= ½ carb choice
11-20 g= 1 carb choice
21-25 g = 1 ½ carb choices
26-35 g = 2 carb choices
36-40 g = 2 ½ carb choices
41-50 g = 3 carb choices

51-55 g = 3 ½ carb choices
56-65 g = 4 carb choices
66-70 g = 4 ½ carb choices
71-80 g = 5 carb choices
81-85 g = 5 ½ carb choices
86-95 g = 6 carb choices

