

L'Anse Creuse Lunch Carbohydrate Count

Updated 10/2/24

Item	Carb Count	Item	Carb Count
Chicken Patty Sandwich	44g Total		
<i>Chicken Patty 9g</i>			
<i>Spicy Patty 9g</i>			
<i>Bun 35g</i>			
Hamburger/Cheeseburger	36-38g	Baked Beans 1/2 cup	23g
<i>Beef Patty 1g</i>			
<i>Cheese Slice 2g</i>		BBQ Sauce Rodeo Burger	5g
<i>Bun 35g</i>			
Turkey & Cheese Sub Sandwich	21g		
<i>Sliced Turkey 0g</i>			
<i>Sliced Cheese (2 slices) 4g</i>			
<i>Sub Bun 17g</i>			
Chicken Nuggets 5 pieces	16g		
Pizza Slice	26g		
Bosco Sticks (2 per serving)	34g	Marinara Sauce Cup	7g
Chicken/Spicy Tenders (3 per serving)	16g	Tater Tots (1/2 cup)	16g
Sweet & Sour Chicken	22g	Brown Rice 1/2 cup	36g
General Tso Chicken	24g	Vegetable Egg Roll	25g
Orange Chicken	26g	Fortune Cookie	2.5g
Walking Taco	32g	Fried Rice 1/2 cup	27g
<i>Beef Taco Meat 3oz 5g</i>		Salsa Cup	2g
<i>Dorito Chips 27g</i>		Sour Cream Packet	1g
Beef Nachos	38g		
<i>Beef Taco Meat 3oz 5g</i>			
<i>Tostito Tortilla Chips 29g</i>			
<i>Cheese Sauce 3oz 4g</i>			
Beef Soft Tacos	35g	Refried Beans 1/2cup	15g
<i>Beef Taco Meat 3oz 5g</i>		Corn 1/2 cup	16g
<i>Two Soft Taco Shells 30g</i>			
<i>Shredded Cheese/Lettuce 0g</i>			
Breaded Chicken Drumstick 1 per serving	6g	Side Macaroni and Cheese 3oz	14.5
Macaroni and Cheese Entree 6oz	28g		
Chicken Alfredo	46g		
<i>Penne Pasta 41g</i>			
<i>Diced Chicken 1g</i>		Dinner Roll	17g
<i>Alfredo Sauce 4g</i>			
Cheese Tortellini	50g		
<i>Tortellini 40g</i>			
<i>Marinara Sauce 1/2 cup 10g</i>			
Spaghetti and Meatballs	55g	Garlic Breadstick	26g
<i>Noodles 41g</i>			
<i>Meatballs 9g</i>			

Marinara Sauce 1/4 cup 5g			
Cheesy Quesadilla		31g	
Grilled Cheese Sandwich		31g	
Turkey Hot Dog		38g	
Turkey Frank 3g			
Hot Dog Bun 35g			
Soft Pretzel 2.2oz	30g	Cheese Sauce 3oz	4g
Elementary Cereal Fun Lunch		32g - 37g	
Cereal Bowl 18g - 23g			
String Cheese 2g			
Danimals Yogurt Cup 12g			
Mashed Potato Bowl w/ Chicken		34g	
Popcorn Chicken 15g			
Mashed Potatoes 1/2 cup 14g			
Gravy 5g			
1% Chocolate Milk	23g	1% White Milk	12g
4oz Juice Carton	14g		
Fruit Loop Waffle		32g	
Cinnamon Apple Crunch Parfait		63g	
6oz yogurt 35			
1/2 cup cereal 16			
1/2 cup apples 12			
Cinnamon Graham Cracker		19g	
Pizza Crunchers - 4 pieces		41g	
French Toast Sticks - 3 pieces		26g	
Hash Brown Rounds		15g	
BBQ Riblet Sandwich		42g	
Riblet 13g			
Sub bunb 29g			
Potato Fries		20g	
Sun Butter and Jelly Sandwich		33g	
Turkey & Cheese Snackable		40g	
100% Juice Slushee Cup	23g		

SECONDAY ONLY

Chicken Ranchero Wrap		46g	
8" ultragrain tortilla 30g			
Shredded Cheddar			
WG Chicken Tenders, 3 pieces 16g			
Spicy Chicken Wrap		46g	
8" ultragrain tortilla 30g			
Shredded Cheddar			
WG Chicken Tenders, 3 pieces 16g			
Turkey and Cheese Pretzel Melt		33.5g	

Honey BBQ Wings 6 pieces	6g	Potato Wedges 1/2 cup	19g
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Fire Sting Wings 6 pieces	12g	Waffle Cup Fries 1/2 cup	19g
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Mashed Potato Bowl w/ Chicken & Corn	49g
<i>Popcorn Chicken</i>	15g
<i>Mashed Potatoes 1/2 cup</i>	14g
<i>Corn</i>	15g
<i>Gravy</i>	5g