

# FARM TO SCHOOL LUNCH CARB COUNTS SY 2021-2022

This menu applies to Farm to School sites: **Oahu:** Mililani High School, Mililani Uka Elementary, Mililani Waena Elementary; **Hawaii Island:** Kohala Elementary, Kohala Middle, and Kohala High school.

Values are listed as grams (g) of carbohydrates per grade-appropriate portion size and are rounded to the nearest whole number.

Unless otherwise indicated, portion sizes vary per grade level and are noted in (). Fresh fruit offered per grade-appropriate portion size may vary by season and availability.

**KEY:**

K- Kindergarten  
A- Adult  
WG- Whole Grain

LUNCH ENTREES	SERVING SIZE	CARBS (G)
CHEESE PIZZA	4X5 PIECE	34
HAMBURGER ON BUN	EACH	30
HAMBURGER ON BUN W/CHEESE	EACH	32
TURKEY HAM ON WG BUN	EACH	29
CREOLE MACARONI	8 OZ	27
GRILLED CHEESE	EACH (pre-k)	34
	EACH (K-8)	36
	EACH (9-A)	38
CHICKEN BAKED W/GRAVY	EACH (4.77 OZ) + 2 TBSP GRAVY	2
MEATLOAF W/KETCHUP GLAZE	EACH SLICE	6
ROAST PORK W/GRAVY	2 OZ + 2 TBSP GRAVY	4
SLOPPY JOE	1/2 C+ WG BUN	40
BBQ PORK SANDWICH	EACH	40
HAMBURGER STEAK W/GRAVY	PATTY+ 2 TBSP GRAVY	2
KOREAN CHICKEN	EACH (4.77 OZ)	6
TUNA SALAD SANDWICH	EACH	30
CHILI AND CHEESE NACHOS	#10 Scoop (Pre-K-8) 1.5 oz. chips 2 oz. queso cup	40
	#6 SCOOP (9-A) 2 oz. chips 2 oz. queso cup	52
KALUA PORK AND CABBAGE	1/2 C	1
HAMBURGER W/TERI SAUCE	EACH	56
HOT TURKEY SANDWICH	WG ROLL	19
ASIAN CHICKEN, Bone-in	EACH	17
GRAIN	SERVING SIZE	CARBS (G)
BROWN RICE	1/2 C	21
WG ROLL	1.13 OZ	15
WG BUN	2.25 OZ	30
CROUTON	1/3 C	11
SWEET BREAD ROLL	1 OZ ROLL (Pre-K-8)	14
	2 OZ ROLL (9-A)	28
WG ROLL (HAWAII ISLAND ONLY)	1 OZ ROLL (28G)	12

HAMBURGER BUN (HAWAII ISLAND ONLY)	1 BUN (60G)	26
WG BREAD SQUARE-SHAPED LOAF (HAWAII ISLAND ONLY)	1 SLICE (30G)	13
<b>SIDES W/MIXED VEGGIES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
COLESLAW	1/2C	5
STIR-FRY VEGGIES	1.25 C	19
TOMATO BASIL SOUP	6 OZ	13
CHICKEN CORN SCALLOP (CORN CHOWDER) SOUP	6 OZ	8
LOMI TOMATO	1/2 C	5
<b>RED/ORANGE</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CARROTS, FRESH, VEGGIE STICKS	1/2 C	6
TOMATO SLICE	1/4" THICK SLICE	1
CRINKLE CUT CARROTS	1/4 C	5
	1/2 C	8
TOMATOES CHOPPED	1/4 C	<1
<b>DARK GREEN</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
ROMAINE LETTUCE, LEAF	1/4 C	<1
SPINACH AND ROMAINE SALAD	1 C	2
BROCCOLI, CUT (FROZEN)	1/2 C	3
BROCCOLI, RAW, CHOPPED	1/4 C	2
<b>STARCHY</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CORN	1/2 C	19
POTATO WEDGES	1 C (9-A)	45
	1/2 C (Pre-K-8)	23
SWEET POTATO, OKINAWAN	1/2 C	13
<b>OTHER</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
SQUASH, SUMMER, ZUCCHINI, INCLUDES SKIN, RAW	1/4 C	1
CUCUMBER STICKS	1/4 C	1
<b>BEANS AND LEGUMES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
EDAMAME	1/2 C	6
BAKED BEANS	1/2 C	30
<b>CONDIMENTS/SAUCES/DRESSINGS</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
RANCH DRESSING/DIP	1 TBSP	<1
CAESAR DRESSING	1 TBSP	<1
KETCHUP	1 PKT	2
MAYONNAISE	12 GRAM PKT	1
MUSTARD	1 PKT	<1
<b>FRESH FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
APPLES, FUJI	1 C	16
	1/2 C	8
	1/4 C	4

BANANAS, RAW	1 C	51
	1/2 C	26
	1/4 C	13
	EX-SMALL (<6")	19
	SMALL (6"-6-7/8")	23
	MED (7"-7-7/8")	27
CANTALOUPE, RAW	LARGE (8"-8-7/8")	31
	EX-LARGE (>9")	35
	1 C	14
	1/2 C	7
	1/4 C	4
	HONEYDEW MELON, RAW	1 C
1/2 C		8
1/4 C		4
GRAPES, RED OR GREEN SEEDLESS, RAW	1 C	27
	1/2 C	14
	1/4 C	7
ORANGES, RAW, ALL COMMERCIAL VARIETIES	1 C	21
	1/2 C	11
	1/4 C	5
PAPAYAS, RAW	1 C	16
	1/2 C	8
	1/4 C	4
PEARS, RAW	1 C	21
	1/2 C	11
	1/4 C	5
PERSIMMONS, JAPANESE, RAW	1 C	37
	1/2 C	19
	1/4 C	9
PINEAPPLE, RAW, ALL VARIETIES	1 C	22
	1/2 C	11
	1/4 C	6
STRAWBERRIES, RAW	1 C	12
	1/2 C	6
	1/4 C	3
TANGERINES, RAW	1 C	26
	1/2 C	13
	1/4 C	7
	SMALL (2-1/4"DIA)	10
	MED (2-1/2"DIA)	12
	LARGE (2-3/4" DIA)	16
WATERMELON, RAW	1 C	12
	1/2 C	6
	1/4 C	3
<b>MILK</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
MILK, WHITE, 1%, LOW FAT	1/2 PT, 8 OZ	13
MILK, CHOCOLATE, NONFAT SKIM	1/2 PT , 8 OZ	22

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