

# STATEWIDE LUNCH CARB COUNTS SY 2021-2022

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)
TASTY TENDERS, CHICKEN LESS	4 PCS, 3.48 OZ (K-A)	18
	3 PCS, 2.61 OZ (Pre-K)	14
TUNA SALAD SANDWICH	EACH (K-A)	30
	EACH (PRE-K)	15
HAMBURGER ON BUN W/CHEESE	EACH	32
HAMBURGER ON BUN	EACH	31
CREOLE MACARONI	8 OZ- 1/2 C COOKED PASTA (K-A)	28
	4 OZ -1/4 C COOKED PASTA (Pre-K)	14
KALUA PORK AND CABBAGE	4.5 oz (K-A)	5
	2 oz (Pre-K)	3
HAMBURGER STEAK W/GRAVY	EACH	2
ROAST PORK W/GRAVY	4 OZ (K-A)	4
	2.5 OZ (Pre-K)	3
SLOPPY JOE	1/3 C + WG BUN (K-A)	37
	1/2 C + WG BUN (Pre-K)	40
CHILI AND CHEESE NACHOS (INCLUDES WG CHIPS, CHILI, AND CHEESE CUP)	#6 SCOOP (K-A)	45
	#10 SCOOP (Pre-K)	40
ASIAN CHICKEN	EACH/#6 SCOOP	17
PEPPERONI PIZZA	1 SLICE	34
CHEESE PIZZA OR VEGETARIAN PIZZA (SLICED MUSHROOM, ONIONS, OR BELL PEPPER)	1 SLICE	34
CHEESE BITES	6 PIECES, 1 OZ PIECES (K-A)	42
	3 PIECES, 1 OZ PIECES (Pre-K)	21
CHICKEN MOZZARELLA SANDWICH	1 PIECE (3 OZ) CHICKEN PATTY W/WG BUN +CHEESE	46
FISH FILLET, NO BUN	1 PIECE (3.6 OZ)	15
FISH SANDWICH	1 PIECE (3.6 OZ) + WG BUN	45
CHICKEN BAKED W/GRAVY	EACH (4.77 OZ) + 2 TBSP GRAVY	2
HOT DOG IN BUN	EACH (WG BUN+ FRANK)	32
BREADED CHICKEN TENDERS	3 PIECES (4.5 OZ) (K-A)	16
	2 PIECES (3 OZ) (Pre-K)	11
MAC & CHEESE	6 OZ (K-A)	27
	3 OZ (Pre-K)	14
ROAST TURKEY W/ GRAVY	3.5 OZ + 2 TBSP GRAVY (K-A)	4
	2.6 OZ + 1 TBSP GRAVY (Pre-K)	3

BEEF PATTY W/GRAVY	1 BEEF PATTY +2 TBSP Brown Gravy	3
<b>GRAIN</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
BROWN RICE	1/2 C	21
WG ROLL	1.13 OZ	15
WG BUN	2.25 OZ	30
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
WG HOT DOG BUN (HAWAII ISLAND ONLY)	1 BUN (60G)	26
<b>SIDES W/MIXED VEGGIES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CORN CHOWDER	4 OZ (Pre-K)	12
	8 OZ (K-A)	24
COLESLAW	1/2C (K-A)	5
	1/4 C (Pre-K)	2
LOMI TOMATO	1/2 C	5
ASIAN SLAW	1/2 C	6
<b>RED/ORANGE</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CARROTS, FRESH, BABY	3/8 C (9-A)	5
	1/4 C (K-8)	3
	1/8 C (Pre-K)	2
TOMATO, WEDGE	1/4 C	2
TOMATOES CHOPPED	1/4 C	<1
TOMATO SLICE	1/4" THICK SLICE	1
CRINKLE CUT CARROTS, FROZEN	1/2 C (9-A)	8
	1/4 C (K-8)	5
	1/8 C (Pre-K)	2
<b>DARK GREEN</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
ROMAINE LETTUCE, LEAF	1/4 C	<1
SPINACH AND ROMAINE SALAD	1/4 C (Pre-K)	1
	1/2 C (K-8)	1
	1 C (9-A)	2
BROCCOLI, CUT	1/8 C (Pre-K)	1
	1/4 C (K-8)	2
	3/8 C (9-A)	2
	1/2 C (9-A)	3
BROCCOLI, RAW, CHOPPED	1/8 C (Pre-K)	1
	1/4 C (K-8)	2
	3/8 C (9-A)	2
<b>STARCHY</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CORN	1/8 C (Pre-K)	5
	1/4 C (K-8)	10
	1/2 C (9-A)	19
TATER TOTS	1/4 C (4 pieces, 1.2 oz.) (Pre-K)	8
	1/2 C (8 PIECES, 2.52 OZ) (K-A)	16

FRIES, WEDGES	1/4 C (1.45 OZ) (Pre-K)	10
	1/2 C (2.89 OZ) (K-A)	20
EMOTICON MASHED POTATO SHAPES	2 PC (1.21 OZ) (Pre-K)	10
	4 PC (2.42 OZ) (K-A)	19
MASHED POTATO	1/4 C (Pre-K)	9
	1/2 C (K-A)	17
<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 (K-A)	1
	1/8 C (Pre-K)	<1
CELERY, FRESH	1/4 C (K-A)	1
	1/8 C (Pre-K)	<1
CABBAGE , FRESH, SHREDDED	1/4 C (Pre-K)	1
	1/2 C (K-A)	2
<b>BEANS AND LEGUMES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
EDAMAME	1/4 C (Pre-K)	3
	1/2 C (K-A)	6
BAKED BEANS	1/4 C (2.3 OZ) (Pre-K)	15
	1/2 C (4.6 OZ) (K-A)	30
HUMMUS	1/8 C (2T, 28 G)	5
<b>CONDIMENTS/SAUCES/DRESSINGS</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
RANCH DRESSING/DIP	1 TBSP	1
KETCHUP	1 PKT	2
MAYONNAISE	12 GRAM PKT	0
MUSTARD	1 PKT	0
IMITATION MAPLE SYRUP	1 CONTAINER (42G)	31
TARTAR SAUCE	1 OZ	4
SESAME GINGER DRESSING	2 TBSP	10
FRENCH CREAMY DRESSING	2 TBSP	7
ITALIAN, CAESAR VINAIGRETTE DRESSING	2 TBSP	1
HONEYRACHA	1 PACKET (100 G)	13
HONEY MUSTARD DIPPING SAUCE	1 TUB (28G)	10
HONEY BBQ SAUCE	1 PKT (28G)	10
BBQ SAUCE	1 TUB (28G)	10
RANCH DRESSING	2 TBSP	0
MARINARA SAUCE CUP	1 EA (2.5 OZ)	7
<b>FRUIT PRODUCTS</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
APPLE SAUCE, UNSWEETENED	1/2 C (135 G) (K-A)	15
	1/4 C (Pre-K)	8
PINE CHUNK	1/2 C	18
POG FRUIT SLUSH	1 EA= 1/2 C, 4 OZ	19
GRAPE JUICE	1 EA (4.23 FL, OZ)	20
MIXED FRUIT	1/4 C (Pre-K)	8
	1/2 C (K-A)	16

SLICED PEACHES	1/4 C (Pre-K)	7
	1/2 C (K-A)	14
FRUIT PUNCH	1 EA (4.23 FL, OZ)	15
MOG FRUIT SLUSH (MANGO, ORANGE, GUAVA)	1 EA= 1/2 C, 4 OZ	20
CONCORD GRAPE SLUSH	1 EA= 1/2 C, 4 OZ	21
CRANBERRY RASPBERRY 100% JUICE	1 EA (4.23 FL, OZ)	14
CRAISINS	1 CONTAINER (1.16 OZ, 1/4 C)	27
STRAWBERRY KIWI JUICE	1 EA (4.23 FL, OZ)	13
APPLE CHIPS, STRAWBERRY FLAVORED	1 BAG (10 G, 3.4 OZ)	10
DICED PEAR	1/4 C (Pre-K)	8
	1/2 C (K-A)	16
<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	1 C	14
	1/2 C	7
	1/4 C	4
HONEYDEW MELON, RAW	1 C	16
	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
WATERMELON, RAW	LARGE (2-3/4" DIA)	16
	1 C	12
	1/2 C	6
<b>MILK</b>	1/4 C	3
	<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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