# Carb and Calorie counts for North Boone CUSD 200 Lunch and Breakfast menu items

| Entrée's<br>Pizza's | Carbs | Calories |
|---|---|---|
| Cheese Pizza | 33g | 270 |
| Cheese Sticks | 32g | 300 |
| Double Stuff Pizza | 27g | 230 |
| Fiesta Pizza | 33g | 280 |
| Flatbread Pizza | 50g | 370 |
| French Bread Pizza | 30g | 320 |
| Garlic Cheese Sticks | 44g | 340 |
| Pepperoni Pizza | 35g | 330 |
| Sausage Pizza | 47g | 390 |
| Stuffed Crust Pizza | 44g | 370 |
| Twisted Stuffed Crust Pizza | 46g | 390 |
| **Chicken** | | |
| Chicken Nuggets | 16g | 180 |
| Chicken Patty w/Bun | 38g | 230 |
| Chicken Fingers | 15g | 220 |
| Chicken Strips | 15g | 220 |
| Spicy Chicken Patty w/Bun | 27g | 240 |
| Spicy Chicken Strips | 13g | 220 |
| Grilled Chicken Patty w/Bun | 17g | 160 |
| BBQ Chicken Chips | 16g | 220 |
| Chicken w/gravy | 3.6g | 147 |
| **Mexican** | | |
| Cheese Quesadilla | 36g | 350 |
| Beef Quesadilla | 41g | 340 |
| Chicken Quesadilla | 36g | 350 |
| Taco Salad | 24g | 260 |
| Soft Tacos | 35g | 290 |
| Nachos w/cheese | 22g | 300 |
| Nachos w/meat | 24g | 260 |
| Burrito | 48g | 360 |
| Chalupa | 20.9g | 233 |
| Taco Maxsnack | 27g | 250 |
| **All American** | | |
| Cheeseburger w/Bun | 30g | 220 |
| Hot Dog w/Bun | 18g | 260 |
| Chili Dog w/Bun | 26g | 315 |
| Corn Dog | 25g | 270 |
| Mini Corn Dogs | 27g | 320 |
| Mr. Rib w/Bun | 26g | 340 |
| Grilled Cheese | 30g | 314 |
| Meatball Sub | 31g | 310 |
| Pasta w/Meat Sauce | 88g | 587 |
| Mac & Cheese | 32g | 280 |
| Pork Patty w/Bun | 13.1g | 322 |
| Salisbury Steak | 3g | 180 |
| Uncrustable | 54.4g | 574 |
| Fish Nuggets | 21g | 260 |
| **Breakfast For Lunch** | | |
| Pancake Pup | 21g | 170 |
| Pancakes | 39g | 220 |
| French Toast | 32g | 230 |
| French Toast Sticks | 28g | 210 |
| Biscuit w/Gravy | 23g | 280 |
| Sausage Link | 1g | 85 |
| Syrup | 13g | 50 |

| Vegetables | Carbs | Calories |
|---|---|---|
| Broccoli | 8g | 50 |
| Blend Veggies | 10g | 50 |
| Carrot/Celery Sticks | 17g | 67.2 |
| Corn | 24g | 120 |
| Garden Salad | 5g | 22 |
| Green Beans | 6g | 30 |
| Mashed Potato | 17g | 100 |
| Mixed Veggies | 10.5g | 53 |
| Peas | 15g | 90 |
| Peas & Carrots | 15g | 90 |
| Shredded Lettuce | 3.6g | 22 |
| Tomato Soup | 28.5g | 135 |
| Vegetarian Beans | 43.5g | 210 |
| Curly Fries | 36g | 300 |
| Seasoned Fries | 50g | 300 |
| Smiley Potatoes | 48g | 340 |
| Tator Tots | 46g | 260 |
| Tri Tators | 39g | 300 |
| **Grains** | | |
| Breadstick | 26g | 150 |
| Biscuit | 28g | 180 |
| Slice Wheat Bread | 13g | 70 |
| Wheat Roll | 15g | 110 |
| Goldfish | 17g | 100 |
| Chips | 17g | 160 |
| Hamburger Bun | 15g | 80 |
| Hot Dog Bun | 15g | 80 |

| Fruit | Carbs | Calories |
|---|---|---|
| Applesauce | 34.5g | 135 |
| Sliced Apples | 18g | 75 |
| Fresh Apple | 21g | 80 |
| Banana | 29g | 110 |
| Mandarin Oranges | 25.5g | 105 |
| Mixed Fruit | 27g | 120 |
| Fresh Orange | 21g | 80 |
| Peaches | 27g | 105 |
| Pears | 28.5g | 126 |
| Pineapple | 22.5g | 90 |
| Strawberry Cup | 13g | 150 |
| Fresh Pear | 25g | 100 |
| 100% Orange Juice 6oz | 21g | 84 |
| 100% Apple Juice 6 oz | 23g | 87 |
| 100% Grape Juice 6 oz | 25g | 105 |
| **Miscellaneous** | | |
| String Cheese | 1g | 60 |
| Marinara Sauce | 3g | 40 |
| Salsa | 2g | 20 |
| Sour Cream | 2g | 60 |
| Cheese sauce | 4.5g | 150 |
| **Breakfast Items** | | |
| Pop Tarts | 75 | 410 |
| Honey Bun | 38 | 280 |
| Assorted Cereals | 22 | 100 |
| Super Bun | 30 | 250 |
| Cinnamon Pretzel Stick | 36 | 170 |
| Chocolate Chip Waffles | 36 | 240 |
| Assorted Muffins | 25 | 150 |
| Breakfast Bars | 48 | 280 |
| Iced Cinnamon Square | 34 | 200 |
| Cinnamon French Toast | 37 | 210 |
| 4oz Apple Juice | 14 | 96 |
| 4oz Orange Juice | 14 | 56 |