

L'Anse Creuse Lunch Carbohydrate Count

Updated 11/19/2024

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
		Vegetable Egg Roll	25g
General Tso Chicken	24g	Fortune Cookie	2.5g
Orange Chicken	26g	Fried Rice 1/2 cup	27g
Walking Taco	32g	Salsa Cup	2g
<i>Beef Taco Meat 3oz 5g</i>		Sour Cream Packet	1g
<i>Dorito Chips 27g</i>			
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	14.5g
Macaroni and Cheese Entree 6oz	28g	Cheez-It Crackers-1oz pack	19g
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		
100% Froot Jooce Sorbet	22g		
Mighty Mini Turkey Corn Dogs		33g	
Turkey Shaped Chicken Nuggets		53.5g	
WG Roll 12g			
Mashed Potato 34g			
Corn 7.5g			
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
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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
Popcorn Chicken	15g
Mashed Potatoes 1/2 cup	14g
Corn	15g
Gravy	5g

BBQ Chicken Flatbread	30g
Flatbread	28g
Chicken	1g
Shred Ched Chz	1g

Chicken & Waffles	63g
Waffle	12g
Chicken Tender	6g
Hashbrown Round	15g
Syrup Cup	30g

BBQ Chicken Nachos	68g
Tostito Chips 16 chips	20g
Cheese Sauce	4g
Sour Cream	1g
Pulled Chicken w/ BBQ	43g

Meatball Marinara Sub	29g
Meatballs	6g
Sub Bun	17g
Marinara Sauce 1/4 cup	5g
Mozzarella Cheese	1g

Grilled Chicken Pretzel Melt	34g
Chicken Breast	1g
Pretzel Roll	33g
Cheese Slice	0g

Turkey Birria Tacos	33g
Shredded Turkey Barbacoa	2g
6in Tortilla x2	30g
Cotija Cheese	1g

Street Corn	17g
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Honey Sriracha Boneless Wings	22g
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