



unity meals

Fruit and Vegetable servings for 9-12th Grade

Breakfast: 1 cup of fruit

*Breakfast may include a combination of fresh fruit and 100% fruit juice

Lunch: 1 cup of fruit and 1 cup of vegetables

Snack: 3/4 cup of fruit or vegetable if on the daily menu

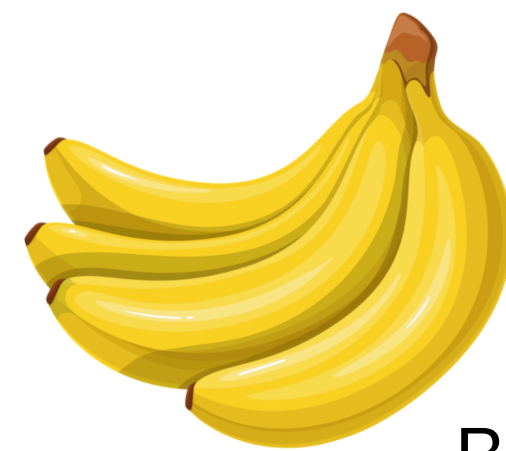


Apple:

1 whole = 1 cup

1/2 whole = 1/2 cup

*sliced Apples in bag = 1/2 cup fruit



Banana:

1 whole = 1/2 cup



Orange:

1 whole = 1/2 cup

2 whole = 1 cup



Pear:

1 whole = 3/4 cup

Juice:

4 oz = 1/2 cup

6 oz = 3/4 cup



*This carbohydrate guide can be used to calculate total carbohydrate intake per meal.

*It is created at the beginning of each new school year with the information provided by nutrition label information.

*Menu items and ingredients are subject to change due to product availability and recipe development.

*If a child has a medical diagnosis, they are required to be followed by a healthcare professional to ensure health and safety.



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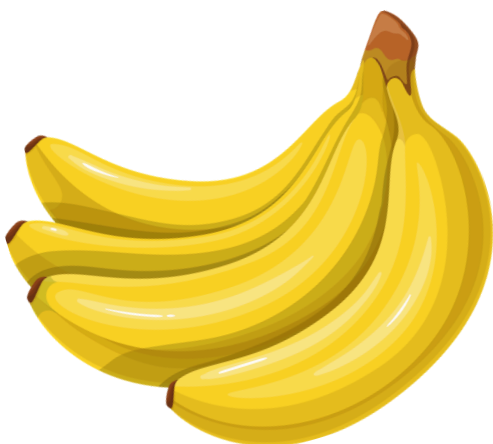
Fruit and Vegetable servings for 9-12th Grade

Breakfast: 1 cup of fruit

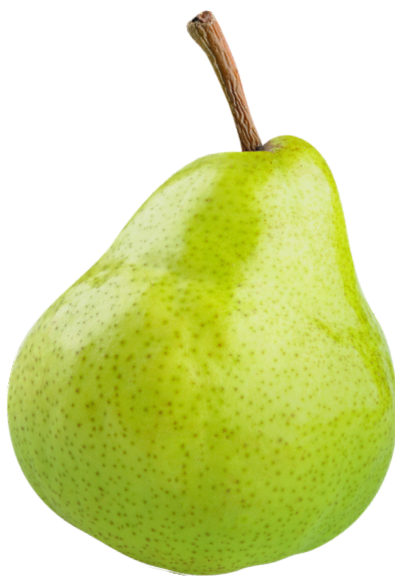
*Breakfast may include a combination of fresh fruit and 100% fruit juice

Lunch: 1 cup of fruit and 1 cup of vegetables

Snack: 3/4 cup of fruit or vegetable if on the daily menu



Fruit	Carb Count
Apple (Whole)	28 (Large)/ 25 (Medium)/21 (Small)
Apple (Half)	14
Apple (Sliced)	14
Pear (Whole)	22
Banana (Whole)	24
Orange (Whole)	14
Juice	read label, varies
Vegetables (1 cup)	Carb Count
Broccoli	7
Cooked carrots	17
Baby carrots	17
Corn	27
Potato Wedges	30
Tater tots	37
Refried Beans	32
Green Beans	8
Cucumbers	7
MILK	Carb Count
Low-fat (8 oz)	14
Nonfat Chocolate (8 oz)	20

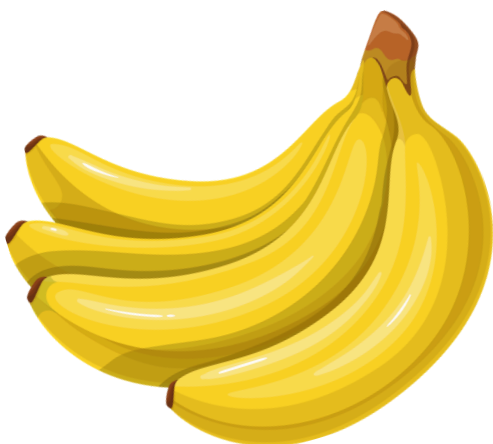




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Lunch for 9-12th Grade

Lunch: Entree + 1 cup of fruit and 1 cup of vegetables + Milk



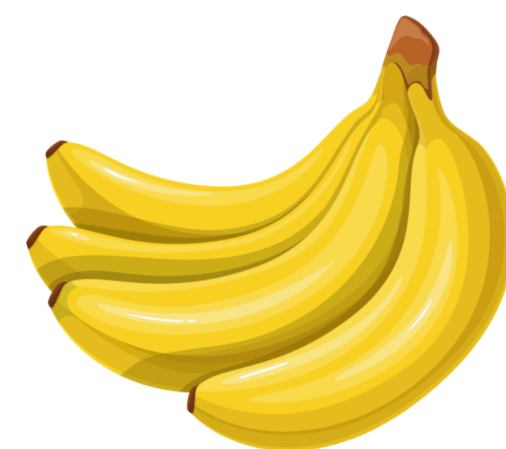
Entrée	Carb Count (grams)
Burritos	
BRC Burrito	45
Bean and Cheese Burrito	44
Beef (and Bean) Burrito	35
Chicken Burrito	32.5
Bowls (made with Brown rice)	
Teriyaki Chicken Bowl	63
Tofu Bowl	49
Orange Chicken Bowl	66
Edamame Bowl	49
Chicken Taco Bowl	24
BRC Bowl	49
Chicken Mole Bowl	47
Tofu Mole Bowl	48
Asian Chicken Bowl	59
Beef and Broccoli Bowl	50
American BBQ Chicken Bowl	44
Carne Asada Bowl (Meat and Rice)	26
Al Pastor Chicken Bowl	34
Mediterranean Chicken Bowl	43
Mediterranean Chickpea Bowl	69
Picadillo with Beef and Brown Rice	60.5
Additions	
Cheese stick (each)	<1
Corn muffin	23
Tortilla Chips	19
Whole grain roll	15
Marinara cup (1 oz)	2
Cookies and Treats	
Fortune cookie	8
Holiday Cookie	22
Churro	13



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Entrée	Carb Count (grams)
Pizza	
Cheese Pizza (Domino's) per slice	28
Pepperoni Pizza (Domino's) per slice	28
Pizza Bagel (Each)	23
Cheese Pizza Pack	35
Burgers and Sandwiches	
Burger	28
Cheeseburger	29
Chicken and Mozzarella Sandwich	31
Turkey and Cheese Sandwich (on Bun) - AKA Turkey Italian Combo	34
Grilled Cheese Sandwich	31
Crispy Chicken Sandwich	42
WOWbutter Sandwich (served with cheese stick)	28
Turkey and Cheese Wrap	17
Chicken, Turkey Ham and Cheese on Whole grain bread	28
Pasta	Carb Count (grams)
Whole Grain Alfredo Cheese Pasta	40
Whole Grain Alfredo Chicken Pasta	40
Whole Grain Marinara Pasta with Cheese	37
Whole Grain Marinara Pasta with Meatballs	43
Whole Grain Mac and Cheese Pasta	64
Whole Grain Mac and Beef Pasta	64
Whole Grain Garlic Chicken Pasta	43
Whole Grain Garlic Cheese Pasta	39
Whole Grain Orange Chicken Chow Mein	51.5
Whole Grain Edamame Chow Mein	41
Whole Grain Pesto Pasta with Chicken	41
Whole Grain Pesto Pasta with Cheese	43
Whole Grain Longevity Noodles with Chicken and Dumplings	44
Whole Grain Spaghetti with Marinara and Meat sauce	47
Lasagna Roll up with Pink sauce	27
Whole Grain Cheese Tortellini pasta with Marinara sauce	44
Halloween Pasta Special (Beef "Ghoulash")	48
Whole grain Cajun Chicken Pasta	40
Whole grain Cheesy Cajun Pasta	42

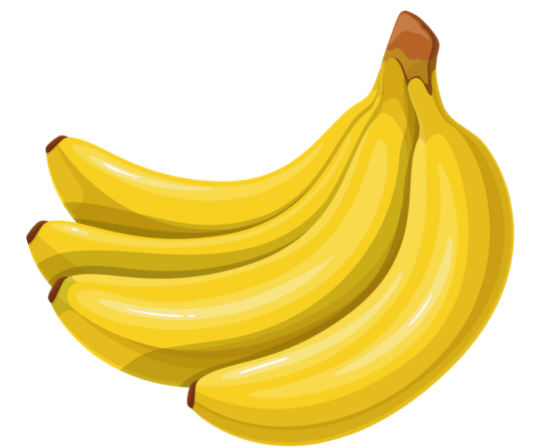




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Entrees (Other)	
Walking Taco (Beef)	29
Walking Taco (Cheese)	29
Beef and Cheese Taco Stick	32
Cheesy Nachos (Cheese + Chips (2 bags))	39
Chicken Hot Dog (with Bun)	30
Chicken and Waffles	34.5
Cheesy Pull-Aparts	29
Chicken Nuggets with Roll (5 nuggets)	30
Chicken and Cheese Empanada	20
Cheese Tamale	29
Chicken Tamale	28
Bean and Cheese Pupusa	35
3-Cheese Enchiladas (2 each)	24.5
Chicken Tenders (2 each)	16
Loaded Tater tots with Beef and Cheese	41 (Vegetable included)
Loaded Tater tots with Cheese	40 (Vegetable included)
Turkey and Gravey with Mashed Potatoes	37 (Vegetable included)
Turkey and Gravy with Stuffing	27
Bosco Stick	25
Chicken and Vegetable Dumplings (6 each)	31
Chicken Nuggets (5 each)	15
Vegan Nuggets (4 each)	18
Salads	
Italian Chicken salad	26
Chicken Caesar Salad	26
Asian Chicken Salad	34
Chef Salad	20
Southwest Chicken Salad	27
Greek Salad with Chicken	24

