

MS/HS Carbohydrate Counted Menu

	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>
	Monday	Tuesday	Wednesda	Thursda	Friday
Bowls	<u>Pasta</u> 42	<u>Popcorn Chix</u> 17	<u>SwTnSour Chicken</u> 8	<u>Popcorn Chix</u> 17	<u>Pasta</u> 42
	<u>Mealballs</u> 5	<u>Mash Potatoes</u> 17	<u>Rice</u> 43	<u>Mash Potatoes</u> 17	<u>Meatballs</u> 5
	<u>Marinara Sauce</u> 12	<u>Corn</u> 19	<u>Pineapple</u> 1	<u>Corn</u> 19	<u>Marinara Sauce</u> 12
	<u>Garlic Alfredo</u> 5	<u>Shred Cheese</u> 1	<u>Broccoli</u> 10	<u>Shred Cheese</u> 1	<u>Garlic Alfredo</u> 5
	<u>Garlic Knot</u> 27	<u>Gravy</u> 4	<u>Fresh Veg</u> 10	<u>Gravy</u> 4	<u>Garlic Knot</u> 27
		<u>Roll</u> 14	<u>Roll</u> 14	<u>Roll</u> 14	
Street	<u>Beef Patty w/Cheese</u> 26	<u>Sliced Cheese</u> 2	<u>Meatball Sub</u> 17	<u>Chicken Fingers</u> 13	<u>Chicken Wings</u> 3
	<u>Ham Bun</u> 22	<u>Ham Bun</u> 26	<u>Spicy Chix Patty</u> 28	<u>Slider Bun</u> 29	<u>Monte Cristo</u> 49
	<u>French Fry</u> 1	<u>Chix patty</u> 14	<u>Sub Bun</u> 22	<u>Pickles</u> 0	<u>Ham Bun</u> 26
	<u>Spicy Chix Patty</u> 17	<u>Hot Dog</u> 2	<u>French Fry</u> 22	<u>French Fry</u> 22	
		<u>Hot Dog Bun</u> 29			
Pizza	<u>Pepperoni</u> 31	<u>Pepperoni</u> 31	<u>Sausage</u> 32	<u>Pepperoni</u> 31	<u>Pepperoni</u> 31
	<u>Cheese</u> 31	<u>Cheese</u> 31	<u>Cheese</u> 31	<u>Cheese</u> 31	<u>Cheese</u> 31
	<u>BLT</u> 33	<u>Ham & Pineapple</u> 30	<u>BBQ Chix & Onion</u> 38	<u>Chef's Choice</u> 3	<u>3 Meat</u> 31
Market	<u>Chix Caesar Salad</u> 1	<u>Garden Salad</u> 7	<u>Taco Salad</u> 37	<u>Chef Salad</u> 9	<u>Chix Caesar</u> 31
	<u>Dressing</u> 1	<u>PB&J</u> 53	<u>PB&J</u> 53	<u>Ham&Chse Sub</u> 30	<u>Wrap</u> 53
	<u>Italian Wrap</u> 31		<u>PB&J</u> 53	<u>PB&J</u> 53	<u>PB&J</u> 53
	<u>PB&J</u> 53				
Comida	<u>Beef - Taco flavor</u> 2	<u>Beef - Taco flavor</u> 2	<u>Beef - Taco flavor</u> 2	<u>Beef - Taco flavor</u> 2	<u>Beef - Taco flavor</u> 2
	<u>Chix - Taco flavor</u> 3	<u>Chix - Taco flavor</u> 3	<u>Chix - Taco flavor</u> 3	<u>Chix - Taco flavor</u> 3	<u>Chix - Taco flavor</u> 3
	<u>Refried Beans</u> 24	<u>Refried Beans</u> 24	<u>Refried Beans</u> 24	<u>Refried Beans</u> 24	<u>Refried Beans</u> 24
	<u>Dorito chips</u> 20	<u>Dorito chips</u> 20	<u>Dorito chips</u> 20	<u>Dorito chips</u> 20	<u>Dorito chips</u> 20
	<u>Soft Tortilla</u> 15	<u>Soft Tortilla</u> 15	<u>Soft Tortilla</u> 15	<u>Soft Tortilla</u> 15	<u>Soft Tortilla</u> 15
	<u>Nacho Tortilla</u> 31	<u>Nacho Tortilla</u> 31	<u>Nacho Tortilla</u> 31	<u>Nacho Tortilla</u> 31	<u>Nacho Tortilla</u> 31
	<u>Shred Lettuce</u> 1	<u>Shred Lettuce</u> 1	<u>Shred Lettuce</u> 1	<u>Shred Lettuce</u> 1	<u>Shred Lettuce</u> 1
	<u>Salsa</u> 5	<u>Salsa</u> 5	<u>Salsa</u> 5	<u>Salsa</u> 5	<u>Salsa</u> 5
	<u>Sour Cream</u> 1	<u>Sour Cream</u> 1	<u>Sour Cream</u> 1	<u>Sour Cream</u> 1	<u>Sour Cream</u> 1