

# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2025

## 6/02-6/06



### The Main Menu

### Pasta of the Day & Pizza Oven w/Salad

### Green Wave Grill



June is National Dairy Month and all meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray

Monday

Tuesday

Wednesday

Thursday

Friday

Sizzler 31g

Tacos 18g  
Seasoned Beef 4g  
Lettuce/Tomato  
Cheese, Salsa,  
Sour Cream  
Brown Rice 37g  
Corn 15g

Exams

Exams

Exams

Macaroni + Cheese 31g

w/Whole Grain  
Dinner Roll 16g



Rice Bowl 42g

Pasta 53g  
or  
Pizza 26-35g

Deli,  
Pizza &  
Grill  
Station



Warm Waffles 24g  
Egg + Cheese 1g  
Sandwich  
Oven potatoes 15g

Deli,  
Pizza &  
Grill  
Station



Deli,  
Pizza &  
Grill  
Station



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2025

## 6/09-6/10

Monday Tuesday Wednesday Thursday Friday



The Main Menu

Pasta of the Day &  
Pizza Oven  
w/Salad

Green Wave Grill



Exams

Deli,  
Pizza &  
Grill  
Station

Exams &  
Early  
Dismissal

Deli, Pizza  
& Grill  
Station



# Summer Time



SUMMER NUTRITION PROGRAMS FOR KIDS

Find a Summer Meal Program Here:

<https://www.fns.usda.gov/summer/sitefinder>

The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) helps fill the hunger gap by providing nutritious meals and snacks for children ages 18 and younger.



June is National Dairy Month and all meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray



# CARBOHYDRATE COUNTING GUIDE



Grams of  
Carbohydrates  
are in Red

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Oranges **15g**, Apples & Pears **15-25g**, 1/2C of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2C of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2C of Black Beans, Garbanzo Beans **20g**, 1/2 C of Red Peppers, Carrots, Celery, Cucumbers **3g**  
Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

The Sandwich  
Board

The Sandwich Board (Boars Head)  
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**  
Cheese: American, Provolone, Swiss, Pepperjack **1g**  
Toppings: Lettuce, Tomato, Pickles, Banana, Peppers, Onions, Olives  
2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**



Garden Greens &  
More



Large or Small Chef Salad **31g**  
Yogurt Fruit & Granola Parfait **74g**  
Hummus Plate **50g**  
Weekly Sandwich Specials:  
Southwest Wrap **40g**  
Chicken Caesar Wrap **38g**  
Antipasto Pinwheels **34g**  
Kickin Chicken Wrap **46g**  
Turkey BLT Wrap **36g**  
Weekly Salad Specials:  
Spinach Salad **38g**  
Asian Salad **50g**  
Chicken Caesar Salad **38g**  
Mediterranean Shaker Salad **57g**