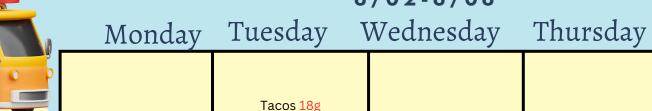
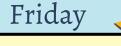
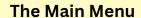
## CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2025 6/02-6/06







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

Exams E

**Exams** 

**Exams** 

Pasta of the Day &
Pizza Oven
w/Salad

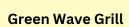
Macaroni + Cheese 31g

Sizzler 31g

w/Whole Grain Dinner Roll 16g Pasta 53g or Pizza 26-35g Deli,
Pizza &
Grill
Station

Deli,
Pizza &
Grill
Station

Deli, Pizza & Grill Station





Rice Bowl 42g

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





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





# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2025 6/09-6/10

Tuesday Wednesday Thursday Friday



The Main Menu

Pasta of the Day & Pizza Oven w/Salad

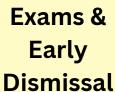
**Green Wave Grill** 



Monday

## **Exams**

Deli, Pizza & Grill Station



Deli, Pizza & Grill Station







#### SUMMER NUTRITION PROGRAMS FOR KID

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







**Grams of Carbohydrates** are in Red

### CARBOHYDRATE COUNTING GUIDE

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

Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g

The Sandwich

Board

**Garden Greens &** More



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

> 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