

# MS/HS Carbohydrate Counted Menu

	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>	<u>Carb</u>
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesda</u>	<u>Thursda</u>	<u>Friday</u>
<b>Bowls</b>	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>	
<b>Street</b>	Dressing on Troan Burger <u>6</u>	Beef Patty w/Cheese <u>3</u>	Meatball Sub <u>17</u>	Chicken Nuggets <u>13</u>	Chicken Wings <u>3</u>
	Ham Bun <u>26</u>	Sliced Cheese <u>2</u>	Spicy Chix Patty <u>17</u>	Ham & Cheese <u>3</u>	Monte Cristo <u>49</u>
	French Fry <u>22</u>	Ham Bun <u>26</u>	Sub Bun <u>28</u>	Pretzel Bun <u>29</u>	Ham Bun <u>26</u>
	Beef Patty <u>1</u>	Chix patty <u>14</u>	French Fry <u>22</u>	Pickles <u>0</u>	
	Spicy Chix Patty <u>17</u>	Hot Dog <u>2</u>		French Fry <u>22</u>	
		Hot Dog Bun <u>29</u>			
<b>Pizza</b>	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</u>
<b>Market</b>	Chix Caesar Salad <u>1</u>	Garden Salad <u>7</u>	Taco Salad <u>37</u>		Chef Salad <u>9</u>
	Dressing <u>1</u>	PB&J <u>53</u>	PB&J <u>53</u>	Ham&Chse Sub <u>30</u>	Chix Caesar <u>31</u>
	Italian Wrap <u>31</u>			PB&J <u>53</u>	Wrap <u>31</u>
	PB&J <u>53</u>				PB&J <u>53</u>
<b>Comida</b>	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</u>