

High School Carbohydrate Counts

WEEK 1

MONDAY

Breakfast

Biscuit (23) with Omelet (1)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Popcorn Chicken* (20) w/ Roll (30)
Cheesy Chicken & Rice Casserole (26) w/ Roll (30)
Italian Salad (9) w/ Flatbread(26)
House Made Pizza, Deli Option
Glazed Carrots (18)
Cucumber Dippers* (3) or Cucumber Salad (7)

TUESDAY

Breakfast

Cheese Grits (23) w/ Bacon & Toast* (15)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Traditional Chicken Tenders (12) or Spicy Chicken Tenders (9) w/ Roll (30)
BBQ & Mac & Cheese Plate (26) w/Roll (30), Mac & Cheese (29) w/Roll (30)
BLT Salad (7) w/ Flatbread (26)
Baked Beans (34)
Coleslaw (5)

WEDNESDAY

Breakfast

Cinnamon Glazed Goodybun (34), String Cheese (1)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Beef & Cheese Nachos* (47)
Crispy Chicken Drumstick* (5) w/ Roll (30)
Oriental Chicken Salad (35) w/ Flatbread (26)
House Made Pizza, Deli Option
Refried Beans (24)
Carrot Dippers* (6)

THURSDAY

Breakfast

Chicken & Waffles* (38)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Vegetable Beef Soup (16) or Chili (11) with Grilled Cheese Sandwich (34) OR French Toast Sticks (37) w/ Cheese Omelet (1)
Tangerine Chicken Bowl (60)
Chipotle Chicken Salad* (31) w/ Tortilla Chips (40)
House Made Pizza, Deli Option
Sweet Potato Tots (26) or Mashed Sweet Potatoes (35)
Broccoli Salad (9)

FRIDAY

Breakfast

Sausage Biscuit* (24) w/ Gravy (9)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Steak Fingers* (19) w/ Roll (30)
Chicken Chili Crispos* (46)
Taco Salad* (9) w/ Tortilla Chips (40)
House Made Pizza, Deli Option
Mashed Potatoes (14)
Cowboy Salsa (21)

WEEK 2

MONDAY

Breakfast

Pancake Sausage Roll Up* (19)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Chicken Nuggets* (20) w/ Roll (30)
Mac & Cheese (29) w/ Roll (30)
Italian Salad (9) w/ Flatbread(26)
House Made Pizza, Deli Option
Green Beans (3)
Carrot Dippers* (6)

TUESDAY

Breakfast

Sausage Bites (14) w/ Gravy (9)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Chicken Enchiladas (48) or Chicken Philly Cheesesteak (50)
Mini Corndogs* (30)
BLT Salad (7) w/ Flatbread (26)
House Made Pizza, Deli Option
Ranch Beans (32) or Charro Beans (20)
Signature Side Salad* (3)

WEDNESDAY

Breakfast

Mini Maple Pancakes (35)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Cheeseburger* (33) w/ Onion Rings (30)
BBQ Sandwich (54) w/ Onion Rings (30)
Oriental Chicken Salad (35) w/ Flatbread (26)
House Made Pizza, Deli Option
Black Eyed Peas (22)
Creamy Coleslaw (5)

THURSDAY

Breakfast

Glazed Donut (46), Powdered Donut (35), Donut Holes (42)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Boneless Chicken Wings: Hot & Spicy (13) or Sweet Chili (29) w/ Roll (30)
BBQ Nachos (58) or Chili Dog (36)
Chipotle Chicken Salad* (31) w/ Tortilla Chips (40)
House Made Pizza, Deli Option
Tater Tots* (18)
Carrot Dippers* (6)

FRIDAY

Breakfast

Chicken Biscuit* (29) w/Hash Brown* (12)
Cereal (24) w/Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Chicken Filet Sandwich* (39) or Grilled Chicken Sandwich* (35)
Crispy Fish Nuggets* (22) w/ Sweet Corn Hushpuppies (27)
Taco Salad* (9) w/Tortilla Chips (40)
Corn (19)
Glazed Carrots (18)
Cookie (17)

Week of...
February 10
February 17
March 10
March 24
April 15
April 29
May 13

Week of...
February 17
March 4
March 18
April 8
April 22
May 6
May 20

- All meals include choice of flavored milk (18-19) or unflavored milk (13), juice (14), and assorted fruit choices (15-22).
- Carbohydrate grams (#) are listed after each menu item.
- *Condiments & dressings are not included in carb counts. Carb counts for condiments & dressings AND allergen info can be found on our website “Menu—Nutrition Info”.
- **NOTE: PB&J Jamwich (34), Cinnamon Oatmeal (42), Peach Cobbler Oatmeal (45), Strawberry Yogurt (14) w/ Keebler Elf Grahams (21) or Muffins may be available as an additional breakfast entrée option daily.
- Assorted muffin choices include: Blueberry Muffin (32), Banana Muffin (24), Apple Cinnamon Muffin (23), or Chocolate Chip Muffin (28).
- Turkey & Cheese Sub (31), Turkey & Cheese Flatbread (27), Fresh Market Sandwich (31), Grilled Cheese Sandwich (34), Yogurt Snack Pack (45), & PBJ Snack Pack (49) may be available as additional lunch entrée option daily.
- Pizza Options: Pepperoni (30), BBQ Chicken (34), Ham & Pineapple (37), Buffalo Chicken (31), Cheeseburger (31), Cheese (30), Vegetarian (31), Meat Lover (30), BBQ (36)
- Menus are subject to change due to availability of products.