

Middle School Carbohydrate Counts

WEEK 1

MONDAY

Breakfast

Sausage Bites (14) w/ Gravy (9)

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

Lunch

Chicken Chili Crisпитos* (46)

Crispy Fish Nuggets*(22) with
Sweet Corn Hushpuppies (27)

Cheese Stuffed Breadsticks (30)
w/ Marinara Sauce (3)

Buffalo Chicken Salad (12) w/
Flatbread (26)

Corn (19)

Signature Side Salad* (3)

TUESDAY

Breakfast

Chicken & Waffles* (38)

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

Lunch

Chicken Filet Sandwich* (39) or
Grilled Chicken Sandwich* (35)

Cheese Quesadilla* (40)

Pepperoni or Cheese Pizza (35)

BLT Salad (7) w/ Flatbread (26)

Tater Tots* (18)

Carrot Dippers* (6)

WEDNESDAY

Breakfast

Sausage Biscuit* (24) with Gravy
(9)

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

Lunch

Traditional Chicken Tenders (12)
or Spicy Chicken Tenders (9) w/
Roll (30)

Burrito Grande (39)

Pepperoni or Cheese Pizza (35)

Taco Salad*(9) w/Tortilla Chips
(40)

Ranch (32) or Charro Beans (20)

Broccoli Dippers* (3)

THURSDAY

Breakfast

Mini Cinnamon Rolls (56)

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

Lunch

Steak Fingers* (19) w/ Roll (30)

Enchiladas or Chicken Casserole
(26) w/ Roll (30)

Pepperoni or Cheese Pizza (35)

Oriental Chicken Salad* (35) w/
Flatbread (26)

Mashed Potatoes (14)

Cucumber Dippers* (3)

Or Veggie Dippers* (4)

FRIDAY

Breakfast

Cheese Omelet (1) with Toast*
(15) and Grits (23)

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

Lunch

Boneless Chicken Wings: Hot (13)
or Sweet Chili (29) w/Roll(30)

Deli Sandwich Option

Cheese Stuffed Breadsticks(30)
w/ Marinara Sauce(3)

Chipotle Chicken Salad*(21) w/
Tortilla Chips(40)

Baked Beans (34)

Carrot Dippers* (6)

WEEK 2

MONDAY

Breakfast

Glazed Donut (46), Powdered
Donut (35), Donut Holes (42),

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

Lunch

Mini Corndogs*(30)

Vegetable Beef Soup (16) OR Chili
(11) with Grilled Cheese
Sandwich (34) OR French Toast
Sticks (37) w/ Cheese Omelet (1)

Cheese Stuffed Breadsticks(30)
w/ Marinara Sauce(3),

Buffalo Chicken Salad(12) w/
Flatbread(26)

Tater Tots*(18)

Carrot Dippers*(6) or Glazed
Carrots (18)

TUESDAY

Breakfast

Chicken Biscuit (29)

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

Lunch

Chicken Nuggets* (20) w/ Roll
(30)

Mac & Cheese (29) w/ Roll (30)

Pepperoni or Cheese Pizza (35)

BLT Salad (7) w/ Flatbread (26)

Green Beans (3)

Cucumber Dippers* (3) or Veggie
Dippers* (4)

WEDNESDAY

Breakfast

Cinnamon Glazed Goodybun (34)

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

Lunch

Beef & Cheese Nachos* (47)

Crispy Chicken Drumstick* (5) w/
Biscuit (23)

Pepperoni or Cheese Pizza (35)

Taco Salad* (9) w/ Tortilla Chips
(40)

Refried Beans (24) or Black Eyed
Peas (22)

Broccoli Dippers* (3) or Broccoli
Salad (9)

THURSDAY

Breakfast

Mini Maple Pancakes (35)

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

Lunch

Chili Dog* (30)

BBQ Sandwich (54)

Pepperoni or Cheese Pizza (35)

Oriental Chicken Salad* (35) w/
Flatbread (26)

Baked Beans (34)

Creamy Coleslaw (5) or Veggie
Dippers* (4)

FRIDAY

Breakfast

Biscuit (23) with Omelet (1)

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

Lunch

Cheeseburger* (33)

Tangerine Chicken Bowl (60)

Cheese Stuffed Breadsticks (30)
w/ Marinara Sauce (3)

Chipotle Chicken Salad* (21) w/
Tortilla Chips (40)

Sweet Potato Tots (26) or
Mashed Sweet Potatoes (35)

Signature Side Salad* (3)

Cookie (17)

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 “Menus—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.
- Menus are subject to change due to availability of products.