

# Middle School Menu

## Breakfast and Lunch Carbohydrate Counts

6-8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
<b>WEEK 1</b>	Banana Chocolate Bar	48 g	Mini Blueberry Pancakes	35 g	Bean & Cheese Taco	29 g	Morning Sausage Roll	25 g	Banana Bread Loaf Slice	45 g
	Chicken Tenders & Mini Waffles	16 g 15 g	Ranchero Tornados -2 w/ Cheese	46 g	Hamburger /Cheeseburger	30 g	Orange Mandarin Chicken w/ 1c Brown Rice	19 g 44 g	Pepperoni Pizza	29 g
	or Corn Dog	30 g	or Tamales-2 with Cheese	21 g	or Breaded Wings & Biscuit	23 g 15 g	or Yogurt Bento Box (TOTAL)	59 g	or Bean and Cheese Pupusa	35 g
	Sweet Potato Waffle Fries ½ C	30 g	Fiesta Black Beans ½ cup	20 g	Burger Salad ½ cup	2 g	Yogurt ½ cup	22 g	1 pk Fresh Baby Carrots	7 g
Steamed Broccoli ½ cup	4 g	Pico De Gallo ¼ cup	0 g	Sidewinder Fries ½ cup	14 g	2 pc Mini Flatbread	25 g	Cherry Tomato & Cucumber Salad	3 g	
						Fruit and Veggies	12 g			
<b>WEEK 2</b>	Concha	33 g	Breakfast Round	44 g	Barbacoa Taco	14 g	Marranito	41 g	Chicken Sausage Bites	17 g
	PinWheel	36 g	Apple & Grape Chicken Salad w/Flatbread	20 g 25 g	Hamburger /Cheeseburger	30 g	Tex-Mex Baked Potato w/Biscuit	27 g 15 g	Pepperoni Pizza	29 g
	or Ham and Cheese Sandwich	32 g	or Frito Pie	44 g	or Chicken Nuggets	16 g	or Meatball Sub	42 g	or Cheese Sticks with Marinara	39 g
	Steamed Broccoli ½ cup	4 g	Refried Beans ½ cup	28 g	Mac & Cheese ¼ cup	10 g	Seasoned Cucumber ½ cup	3 g	1 pk Fresh Baby Carrots	7 g
Sweet Potato Waffle Fries	30 g	Pico de Gallo ¼ cup	0 g	Burger Salad ½ cup	2 g					
				Sidewinder Fries ½ cup	14 g					
<b>WEEK 3</b>	Pancake on a Stick	17 g	Sweet Potato Muffin	43 g	Yogurt Parfait	27 g	Blueberry Cheese Stick	24 g	Mini Waffles	36 g
	Ranchero Tornados-2 w/Cheese	46 g	Conchitas con Pollo w/ Flour Tortilla	27 g 14 g	Breakfast Round	44 g	Oven Roasted Chicken w/ ½ c Brown Rice	6 g 22 g	Pepperoni Pizza	29 g
	or Apple & Grape Chicken Salad w/Flatbread	20 g 25 g	or Yogurt Bento Box (TOTAL)	59 g	or Hamburger/Cheeseburger	30 g	or Bean and Cheese Pupusa	35 g	or Cheesy Pull Aparts with Marinara	39 g
	Fiesta Black Beans ½ cup	20 g	Seasoned Cucumber	3 g	Breaded Wings & Biscuit	23 g 15 g	Steamed Broccoli	4 g	1 pk Fresh Baby Carrots	7 g
Sidewinder Fries ½ cup	14 g	Pico De Gallo ¼ cup	0 g	Burger Salad ½ cup	2 g	Cherry Tomato Cucumber Salad	3 g			
				Seasoned Jicama	8 g					

### Breakfast Cereal 2 oz Bowl Options:

Coco Puffs	47 Grams
Lucky Charms	46 Grams
Cinnamon Toast Crunch	44 Grams
Blueberry Chex	46 Grams