High School Lunch Menu Carb Count Nutritional 2021-2022

This institution is an equal opportunity provider

Week 1 Monday	SERV	CAL	CARB	Week 1 Tuesday	SERV	CAL	CARB	Week 1 Wednesday	SERV	CAL	CARB	Week 1 Thursday	SERV	CAL	CARB	Week 1 Friday	SERV	CAL	CARB
Breakfast Bowl				Gen Tso Chicken				Meatballs	**4 pieces**	**154**	**6**	**Chicken Alfredo**				Calzone pepp	**1 count**	**280**	**32**
Scrambled Eggs	**1/3 cup**	**135**	**3**	Popcorn Chicken-goldk	**14 ct**	**173**	**10**	Hot Dog Bun	**1 ea.**	**110**	**20**	Fajita Chicken Mix	**2 oz.**	**140**	**2**	Calzone Cheese	**1 count**	**250**	**33**
Deli Roaster Potatoes	**1/2 cup**	**100**	**19**	Gen Tso Sauce	**1 tbsp.**	**30**	**7**	Spaghetti Sauce	**1/2 cup**	**27**	**6**	Fettucine Noodles	**1/4 cup**	**220**	**40**				
Pork Sausage Patty	**1 ea.**	**220**	**1**	Rice Blend	**1/2 cup**	**86**	**18**	Au Gratin Potatoes	**1/2 cup**	**120**	**25**	Alfredo Sauce	**2 oz.**	**140**	**4**	**Buffalo Cauliflower Bites**	**1/2 cup**	**69**	**2**
Gravy -frozen	**2 oz.**	**93**	**6**	Oriental Blend Veg.	**1/2 cup**	**15**	**3**					Garlic Toast	**1 slice**	**160**	**17**				
Biscuit	**1**							Pudding Cup - ch	**1 count**	**110**	**23**	Steamed Peas	**1/2 cup**	**53**	**9**	Marinara Sauce - bulk	**1/2 cup**	**30**	**4**
Diced Tomatoes	**1 oz.**	**8**	**1**	Fortune Cookie	**1 ct**	**18**	**3**	Pudding Cup- v	**1 count**	**110**	**23**								
Red Peppers	**1oz**	**10**	**2**	Carrots	**1/2 cup**	**20**	**5**									**Fresh Romaine Salad**	**1 cup**	**10**	**2**
Shredded Cheese	**1/8 cup**	**35**	**1**	Mandarin Oranges	**1/2 cup**	**70**	**17**	Fresh Romaine Salad	**1 cup**	**10**	**2**					Carrots	**1/2 cup**	**20**	**5**
Green Onions	**2 oz.**	**20**	**4**					Chilled Pineapple	**1/2 cup**	**53**	**13**	Fresh Romaine Salad	**1 cup**	**10**	**2**	Grapes	**1/2**	**50**	**14**
Juice Cup	**1 count**	**60**	**14**									Applesauce Cup	**1/2 cup**	**90**	**22**				
Fat free Chocolate	**8oz**	**130**	**24**					**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Italian Dressing**	**1 pkg.**	**5**	**1**
Italian Dressing	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**
Yellow Week- Monday	SERV	CAL	CARB	Week 5 Tuesday	SERV	CAL	CARB	Week 5 Wednesday	SERV	CAL	CARB	Week 5 Thursday	SERV	CAL	CARB	Week 5 Friday	SERV	CAL	CARB
Chicken Patty-goldkist	**1 count**	**188**	**14**	Big Daddy's Pizza- c	**1 slice**	**360**	**36**	Lasagna Roll ups		**240**	**29**	**Double Burger**				**The Weekender Basket**			
Chicken Patty Tyson	**1 count**	**270**	**16**	Big Daddy's Pizza-p	**1 slice**	**410**	**43**	Garlic Toast	**1 slice**	**160**	**17**	**Hamburger Patty**	**2 count**	**220**	**2**	**Pizza Crunchers**	**4 count**	**420**	**41**
Bacon	**1 piece**	**50**	**0**					Spaghetti Sauce	**2 oz.**	**27**	**6**	Bun	**4 in**	**150**	**28**	**Boneless Chicken Wings**	**5 count**	**200**	**13**
Sliced Cheese	**1 slice**	**55**	**1**	Steamed Green Beans	**1/2 cup**	**24**	**5**	Meat Sauce	**5.6=2oz**	**167**	**9**	Sliced cheese	**1slice**	**55**	**1**	**French Fries**	**1/2 cup**	**90**	**15**
Bun	**4 in**	**150**	**28**					California Blend	**1/2 cup**	**18**	**3**	**Sweet Potato Cubes**	**1/2 cup**						
Breaded Onion Rings	**5pcs**	**200**	**28**									Baked Beans	**1/2 cup**	**130**	**29**				
Iced Cupcake C	**1 count**	**140**	**26**									Tomato	**1/4 cup**	**8**	**3**	Oreo Cookies	**2pack**	**100**	**16**
Iced Cupcake V	**1 count**	**140**	**27**					Fresh Fresh Romaine S	**1 cup**	**10**	**2**	Onion	**1/4 cup**	**16**	**4**				
Fresh Romaine Salad	**1 cup**	**10**	**2**					Apple Slices	**1/2 cup**	**30**	**7**	Shredded Lettuce	**1/4 cup**	**3**	**1**	Grape Tomatoes	**1/2 cup**	**15**	**4**
				Fresh Romaine Salad	**1 cup**	**10**	**2**	**Italian Dressing**	**1 pkg.**	**5**	**1**	Pickles	**1/8 oz.**	**1**	**0**	Fresh Romaine Salad	**1 cup**	**10**	**2**
Applesauce Cup	**1/2 cup**	**90**	**22**	Pear cup	**1/2 cup**	**80**	**16**	**Fat free Chocolate**	**8oz**	**130**	**24**	Peaches	**1/2 cup**	**60**	**14**	Mixed Fruit	**1/2 cup**	**70**	**17**
Italian Dressing	**1 pkg.**	**5**	**1**	**Italian Dressing**	**1 pkg.**	**5**	**1**					**Italian Dressing**	**1 pkg.**	**5**	**1**	**Italian Dressing**	**1 pkg.**	**5**	**1**
Fat free Chocolate	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**					**Fat free Chocolate**	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**
Week 1 Monday	SERV	CAL	CARB	Week 1 Tuesday	SERV	CAL	CARB	Week 1 Wednesday	SERV	CAL	CARB	Week 1 Thursday	SERV	CAL	CARB	Week 1 Friday	SERV	CAL	CARB
Mashed Potato Bowl				Pulled Pork	**2 oz.**	**200**	**9**	Taco Meat	**2oz**	**111**	**5**	Chicken Drumsticks	**2 count**	**440**	**12**	Chicken Tenders	**1 count**	**260**	**16**
Popcorn Chicken	**10 count**	**260**	**17**	Bun	**4 in**	**150**	**28**	**Tortilla Shell- 8"**	**1 count**	**110**	**19**	Baby Bakers	**1/2 cup**	**100**	**17**	w/Waffles	**1 count**	**300**	**43**
Roll	**1 count**	**90**	**17**	Roasted Cauliflower	**1/2 cup**	**10**	**2**	**Top & Go Dorito's**	**1 count**	**190**	**28**	Mini Corn Bread Loaf	**1 count**	**180**	**29**				
Gravy	**1/4 cup**	**3**	**0**					**Top & Go Tostito's**	**1 count**	**190**	**28**					Sweet Potato Fries	**1/2 cup**	**160**	**23**
Mashed Potatoes	**1/2 cup**	**70**	**15**					Refried Beans	**1/2 cup**	**130**	**22**					Steamed Broccoli	**1/2 cup**	**17**	**3**
Golden Corn	**1/2 cup**	**70**	**16**					Shredded Cheese	**1/8 cup**	**35**	**1**								
								Shredded Lettuce	**1/4 cup**	**3**	**1**								
Fresh Fresh Romaine Salad	**1 cup**	**10**	**2**	Fresh Romaine Salad	**1 cup**	**10**	**2**	Salsa	**1/2 cup**	**30**	**6**	Carrots	**1/2 cup**	**23**	**5**	**Fresh Romaine Salad**	**1 cup**	**10**	**2**
Fresh Pear	**1 count**	**90**	**25**					Mandarin Oranges	**1/2 cup**	**70**	**17**	Fresh Romaine Salad	**1 cup**	**10**	**2**				
Italian Dressing	**1 pkg.**	**5**	**1**	Frozen Sidekick	**1**	**90**	**22**					Applesauce Cup	**1/2 cup**	**90**	**22**	**Fruit Cup**	**1/2 cup**	**70**	**16**
Fat free Chocolate	**8oz**	**130**	**24**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Italian Dressing**	**1 pkg.**	**5**	**1**
				Fat free Chocolate	**8oz**	**130**	**24**									**Fat free Chocolate**	**8oz**	**130**	**24**
Week 2 Monday	SERV	CAL	CARB	Week 2 Tuesday	SERV	CAL	CARB	Week 2 Wednesday	SERV	CAL	CARB	Week 2 Thursday	SERV	CAL	CARB	Week 2 Friday	SERV	CAL	CARB
Hamburger Patty	**1 ct**	**110**	**1**	Tangerine Chicken	**2 oz.**	**190**	**25**	Mac & Cheese	**6 oz.**	**348**	**37**	**Brunch for Lunch**				**Pasta Spaghetti**	**1oz=1/2c**	**200**	**42**
Bun	**4 in**	**150**	**28**	Egg Roll -Vegetable	**1 ct**	**140**	**22**	Roll	**1 count**	**90**	**17**	French Toast Sticks	**3 count**	**150**	**22**	Garlic Toast	**1 slice**	**160**	**17**
Sliced cheese	**1slice**	**55**	**1**	Egg Roll- Chicken	**1 ct**	**160**	**20**	Chicken Drumsticks	**2 count**	**440**	**12**	Turkey Sausage Links	**2 count**	**120**	**0**	Spaghetti Sauce	**1/2 cup**	**27**	**6**
Bacon	**1 count**	**50**	**0**	Stir Fry Veggies Blend	**1/2 cup**	**20**	**4**	Baby Bakers	**1/2 cup**	**100**	**17**	Tator Tots	**1/2 cup**	**130**	**16**	Meat Sauce	**5.6=2oz**	**167**	**9**
French Fries	**1/2 cup**	**90**	**15**					Corn Bread	**1 count**	**180**	**29**					Normandy Blend Veggies	**1/2 cup**	**13**	**3**
Steamed Peas	**1/2 cup**	**53**	**9**					Carrots	**1/2 cup**	**23**	**5**	Warm Cinnamon Apples	**1/2 cup**	**124**	**32**				
Carrots		**23**	**5**					Fresh Romaine Salad	**1 cup**	**10**	**2**								
Shredded Lettuce	**1/4 cup**	**3**	**1**	Fresh Romaine Salad	**1 cup**	**10**	**2**	Grape Tomatoes	**1/2 cup**	**15**	**4**					Fresh Romaine Salad	**1 cup**	**10**	**2**
Pickles	**1/8 cup**	**1**	**0**	Banana	**1 count**	**100**	**27**					Juice Cup	**1 count**	**60**	**14**				
Fresh Romaine Salad	**1 cup**	**10**	**2**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fresh Romaine Salad**	**1 cup**	**10**	**2**					Tropical Fruit	**1/2 cup**	**60**	**15**
Tomato	**1/4 cup**	**8**	**3**	**Fat free Chocolate**	**8oz**	**130**	**24**	Chilled Pineapple	**1/2 cup**	**53**	**13**								
Diced Pears	**1/2 cup**	**80**	**20**													**Italian Dressing**	**1 pkg.**	**5**	**1**
Italian Dressing	**1 pkg.**	**5**	**1**					**Italian Dressing**	**1 pkg.**	**5**	**1**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**
Fat free Chocolate	**8oz**	**130**	**24**					**Fat free Chocolate**	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**				
Week 2 Monday	SERV	CAL	CARB	Week 2 Tuesday	SERV	CAL	CARB	Week 2 Wednesday	SERV	CAL	CARB	Week 2 Thursday	SERV	CAL	CARB	Week 2 Friday	SERV	CAL	CARB
French Bread pizza				Boneless Chicken Wings	**5 count**	**200**	**13**	Hot Dog	**1 ct**	**170**	**1**	Breaded Chicken Filet	**1 count**	**270**	**16**	Bosco Breadstick	**2 ct**	**440**	**54**
Cheese	**1 count**	**290**	**33**	Roll	**1 count**	**90**	**17**	Hot Dog Bun	**1 ct**	**110**	**20**	Chicken Patty-goldkist	**1 count**	**188**	**14**	Marinara Sauce	**1/2 cup**	**30**	**4**
Pepperoni	**1 count**	**310**	**33**									Hamburger Bun	**1 count**	**150**	**28**				
Steamed Broccoli	**1/2 cup**	**17**	**3**	Sweet Potato Fries	**1/2 cup**	**160**	**23**	Coney Sauce	**1 oz.**	**40**	**1**	Lima Beans	**1/2 cup**	**100**	**20**				
								Chili	**2 oz.**	**152**	**15**	French Fries	**1/2 cup**	**90**	**15**				
								Cole slaw	**1/2 cup**	**77**	**9**					Fresh Romaine Salad	**1 cup**	**10**	**2**
				Fresh Romaine Salad	**1 cup**	**10**	**2**	Diced onions	**1 oz.**	**10**	**3**	Fresh Romaine Salad	**1 cup**	**10**	**2**	Carrots	**1/2 cup**	**20**	**5**
				Fruit Cup	**1/2 cup**			Shredded Cheese	**1/4 cup**	**35**	**1**	Lugi's Fruit Sorbet	**1 count**	**70**	**18**	Fresh Apple	**1 count**	**70**	**18**
Diced Peaches	**1/2 cup**	**60**	**14**	**Italian Dressing**	**1 pkg.**	**5**	**1**	Diced Pears	**1/2 cup**	**80**	**20**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Italian Dressing**	**1 pkg.**	**5**	**1**
Italian Dressing	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Italian Dressing**	**1 pkg.**	**5**	**1**	**Fat free Chocolate**	**8oz**	**130**	**24**	**Fat free Chocolate**	**8oz**	**130**	**24**
Fat free Chocolate	**8oz**	**130**	**24**					**Fat free Chocolate**	**8oz**	**130**	**24**								