

Junior High Carb Count Lunch Menu Nutritionals 2021-2022

Week 1 Monday	SERV	CAL	CARB	Week 4 Tuesday	SERV	CAL	CARB	Week 4 Wednesday	SERV	CAL	CARB	Week 4 Thursday	SERV	CAL	CARB	Week 4 Friday	SERV	CAL	CARB
Chicken Filet Patty	1 count	270	16	Mozzarella Cheese Sticks	6 count	310	33	General Tso Chicken				Hamburger Patty	1 ct	110	1	Mini Corn Dogs	6 CT	330	29
Hamburger Buns	1 count	150	28	Marinara Sauce	1/2 cup	30	4	Popcorn Chicken	10ct	173	10	Bun	4 in	150	28	Mac & Cheese	1/4 cup	97	11
Baked Beans-canned	1/2 cup	150	30					Gen Tso Sauce	1 tbsp.	35	8	Cheese	1slice	55	1	Steamed Peas	1/2 cup	53	9
								Rice Blend	1/2 cup	86	18	Waffle Fries	1/2 cup	170	20				
				Chocolate Pudding	1	110	23	Mixed vegetables	1/2 cup	56	10								
				Vanilla Pudding	1	110	23	Fortune Cookie	1 ct	30	7								
				Mixed vegetables	1/2 cup	56	10	Fresh Romaine Salad	1 cup	10	2	Pickles	1/8 oz	1	0				
Fresh Romaine Salad	1 cup	10	2									Shredded Lettuce	1/4 cup	3	1				
Chilled Pineapple Tidbits	1/2 cup	53	13	Fresh Romaine Salad	1 cup	10	2	Diced Pears	1/2 cup	80	20					Fresh Romaine Salad	1 cup	10	2
				Carrots	1/2 cup	20	5					Fresh Romaine Salad	1 cup	10	2	Carrots	1/2 cup	20	5
Italian Dressing	1 CT	5	1	Applesauce cup	1/2 cup	90	22					Grapes	1/2 cup	50	14	Apple Slices	1/2 cup	30	7
Milk Low-fat	8oz	100	13													Italian Dressing	1 CT	5	1
				Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk fat free skim	8oz	80	13	Milk Low-fat	8oz	100	13
Week 2 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
Bacon Burger				Walking Taco				Big Daddy's Pizza c		360	36	Lasagna Roll ups	1 count	240	29	Italian Sub-Turkey	2slices	37	0
Hamburger Patty	1 ct	110	1	Taco Meat	2oz	111	5	Big Daddy's Pizza p		410	43	Garlic Toast	1 sl	160	17	Ham	2 slices	25	0.5
Bun	4 in	150	28	Doritos Nacho	1 count	130	20					Spaghetti Sauce	2 oz	27	6	Salami	1 slice	60	0
cheese	1 slice	55	1									Meat Sauce	5.6=2oz	167	9	Sliced Cheese	1slice	55	1
Bacon	1 cl	24	0					Carrots	1/2 cup	20	5	Steamed Green Beans	1/2 cup	24	5	Sub bun	1	190	36
French Fries	1/2 cup	90	15	Refried Beans-canned	1/2 cup	130	22									Baked Chips	1pkg	130	26
				Shredded Cheese	1/8 cup	35	1									Mixed vegetables	1/2 cup	56	10
				Salsa	1/2 cup	30	6												
Shredded Lettuce	1/4 cup	3	1	Fresh Pear	1 count	90	25					Fresh Romaine Salad	1 cup	10	2	Fresh Romaine Salad	1 cup	10	2
Fresh Romaine Salad	1 cup	10	2					Fresh Romaine Salad	1 cup	10	2	Apple Slices	1/2 cup	30	7	Apricots	1/2 cup	60	14
Strawberry Cup	1/2 cup	80	21	Juice Cup	1 count	60	14	Diced Peaches-canned	1/2 cup	60	14					Italian Dressing	1 ct	10	2
								Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1				
Italian Dressing	1 ct	5	1	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13
Milk Low-fat	8oz	100	13																
Week 3 Monday	SERV	CAL	CARB	Week 1 Tuesday	SERV	CAL	CARB	Week 1 Wednesday				Week 1 Thursday	SERV	CAL	CARB	Week 1 Friday	SERV	CAL	CARB
French Bread Pizza				Chicken Tenders	3 ct	280	15	"Brunch For Lunch"				Mini Bosco Sticks				Chicken Nuggets	5 ct	240	16
Cheese	1 count	290	33	Tortilla Shell	1 ct	110	19	French Toast Sticks	3 count	150	22	Breadstick Cheese	4 count	440	56	Roll	1 ct	90	17
Pepperoni	1 count	310	33					Turkey Sausage Links	2 ct	120	0	Breadstick Pep.	4 count	480	56				
				French Fries	1/2 cup	90	15					Marinara Sauce	1/2 cup	30	4	Baked Beans	1/2 cup	150	30
Steamed Peas	1/2 cup	53	9	Carrots	1/2 cup	20	5	Tator Tots	1/2 cup	130	16					Roasted Cauliflower	1/2 cup	10	2
								Warm Cinn. Apples	1/2 cup	124	32	Golden Corn	1/2 cup	70	16				
Fresh Romaine Salad	1 cup	10	2									Fresh Romaine Salad	1 cup	10	2				
Celery Sticks	1/2 cup	15	3	Fresh Romaine Salad	1 cup	10	2									Oreo Cookies	1 pkg	100	16
Fresh Apples	1 ct	70	18									Diced Peaches-canned	1/2 cup	60	14	Fresh Romaine Salad	1 cup	10	2
				Mandarin Oranges	1/2 cup	70	17	Juice Cup	1 count	60	14					Chilled Pineapple Tidbits	1/2 cup	53	13
Milk Low-fat	8oz	100	13	Italian Dressing	1 CT	5	1	Italian Dressing	1 count	5	1	Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1
Italian Dressing	1 CT	5	1	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13
Week 4 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 Tenders	3 ct	280	15	Turkey & Cheese Sub				Pasta Spaghetti	1oz=1/2c	200	42	Chicken Drumsticks	2	440	12	5" Round pizza			
w/Waffles	1 ct	300	43	Turkey	5 slices	110	0	Garlic Toast	1 sl	160	17	Mini Corn Bread Loaf	1	180	29	Cheese	1	310	40
Baby Bakers	1/2 cup	100	17	Sliced Cheese	1 slice	55	1	Meat Sauce	5.6=2oz	167	9					Pepperoni	1	300	39
Celery Sticks	1/2 cup	15	3	Sub bun	1	190	36	Spaghetti Sauce	2 oz	27	6	Steamed Broccoli-florets	1/2 cup	17	3				
				Fresh Romaine Salad	1 cup	10	2									Fresh Romaine Salad	1 cup	10	2
				Diced Pears-canned	1 count	80	20					Fresh Romaine Salad	1 cup	10	2	Carrots	1/2 cup	20	5
Fresh Romaine Salad	1 cup	10	2					Fresh Romaine Salad	1 cup	10	2	Mandarin Oranges	1/2 cup	70	17	Hummus	1/4 cup	110	18
Grapes	1/2 cup	50	14					Apple slices	1/2 cup	30	7					Frozen Luigi Fruit Cup-Sour	1 count	70	20
								Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1	Italian Dressing	1 ct	10	2
Italian Dressing	1 ct	5	1	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13
Week 5 Monday	SERV	CAL	CARB	Week 1 Tuesday	SERV	CAL	CARB	Week 1 Wednesday				Week 1 Thursday	SERV	CAL	CARB	Week 1 Friday	SERV	CAL	CARB
Hot dog	1	170	1	Calzone Pep	1 count	250	33	Mashed Potato Bowls				Quesadilla Cheese	1	300	39	Italian Sub-Turkey	2slices	37	0
Hot Dog Bun	1	110	20	Cheese Calzone	1 count	280	32	Popcorn Chicken	10 ct	260	13	Quesadilla Chicken	1	280	38	Ham	2 slices	25	0.5
Coney Sauce	1 oz	40	1	Marinara Sauce	1/2 cup	30	4	Mashed Potatoes	1/2 cup	70	15	Salsa	1/2 cup	30	6	Salami	1 slice	60	0
								Golden Corn	1/2 cup	70	16					Sliced Cheese	1slice	55	1
Sweet potato fries	1/2 cup	160	23	Buffalo Cauliflower Bites	1/2 cup	69	8	Gravy	1/4cup	3	0	Refried Beans	1/2 cup	130	22	Sub bun	1	190	36
																Baked Chips	1pkg	130	26
								Fresh Romaine Salad	1 cup	10	2					Mixed vegetables	1/2 cup	56	10
Fresh Romaine Salad	1 cup	10	2	Fresh Romaine Salad	1 cup	10	2	Grapes	1/2 cup	50	14								
Applesauce Cup	1/2 cup	90	22									Fresh Romaine Salad	1 cup	10	2	Fresh Romaine Salad	1 cup	10	2
				Diced Peaches-canned	1/2 cup	60	14					Frozen Side Kicks	1	90	22	Apricots	1/2 cup	60	14
Milk Low-fat	8oz	100	13	Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1	Italian Dressing	1 CT	5	1
Italian Dressing	1 CT	5	1	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13	Milk Low-fat	8oz	100	13

