

May Middle and High School Lunch Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
			5-1 Corn Dog 30 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Green Peppers 5 Peaches 14 Apple 15 Banana 31	5-2 Walking Taco 36 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romaine 2 Green Pepper 5 Rosy Applesauce 22 Grapes 15 Orange 20 Cookie 18
5-5 Chicken Nuggets 17 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 39 Baked Beans 30 Romaine 2 Carrots 13 Pineapple 16 Apple 15 Orange 20	5-6 Dutch Waffle 43 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Pears 13 Banana 31 Orange 20	5-7 Mozzarella Sticks 14 & Marinara 5 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Carrots 7 Romaine 2 Cauliflower 3 Lemon Berry Swirl 18 Apple 15 Orange 20	5-8 Meatball Sub 24 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 California Veggies 16 Romaine & Spinach 2 Cucumbers 3 Cinnamon Applesauce 17 Apple 15 Banana 31	5-9 Teriyaki Chicken & Rice 65 Crispy Chicken Sandwich Cheese Bosco & Marinara Peas & Carrots 7 Romaine 2 Red Peppers 5 Peaches & Pears 13 Grapes 15 Orange 20
5-12 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 29 Cheesy Mashed Potatoes 19 Romaine 2 Carrots 13 Pears 13 Vanilla Pudding 28 Apple 15 Orange 20	5-13 French Toast 35 & Sausage 0 Cheese/Hamburger 21 & Sun Chips 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach 2 Garbanzo Beans 1TB 8 Mandarin Oranges 13 Banana 30 Orange 20	5-14 Chicken Parmesan Sandwich 35 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Apple 15 Orange 20	5-15 Mini Corn Dogs 25 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Rosy Applesauce 22 Apple 15 Banana 30	5-16 Walking Taco 36 Cheese/Hamburger 21 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romaine 2 Green Pepper 5 Peaches 14 Grapes 15 /Orange 20 Cookie 18
5-19 Meatball Sub 25 Spicy chicken Sandwich 28 Pizza Bosco 29 Corn 15 Romaine 2 Pears 13 Pineapple 16 Apple 15 Orange 20	5-20 Snack N' Waffle 30 & Sausage 0 French Toast Sticks 35 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Peaches 14 Banana 31 Orange 20	5-21 Hot Dog 19 & Sun Chips 18 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Baked Beans 30 Chili 10 Romaine 2 Cauliflower 3 Applesauce 14 Orange 20 Apple 15	5-22 NO LUNCH	5-23
Uncrustable Meal 32-0-18 Yogurt Meal 22 Grain Varies Hummus 15-28 Varies				