

October Middle and High School Lunch Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
		10-1 Rotini & Meatballs 43 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Apple 25 Orange 15	10-2 Mini Corn Dogs 31 & Mac & Cheese 30 Crispy Chicken Sandwich 46 Cheese Bosco 25 & Marinara 4 Broccoli Salad 5 Romaine & Spinach 2 Rosy Applesauce 16 Apple/Banana 25/23	10-3 Walking Taco 36 Cheese/Hamburger 33 & Sun Chips 18 Pizza Slice 32 Black Beans 30 Roasted Corn & Black Beans 14 Romine/Green Pepper 2/5 Peaches 14 Grapes/Orange 15/15 Cookie 18
10-6 Meatball Sub 35 Spicy Chicken Sandwich 39 Pizza Bosco 29 Corn 22 Romaine/Carrots 2/6 Pears 19 Pineapple 17 Apple/Orange 25/15 Cookie 18	10-7 Snack 'N Waffle 30 & Sausage 0 Cheese/Hamburger 33 & Sun Chips 18 Potato Triangles 28 Romaine & Spinach 2 Broccoli 4 Peaches 14 Banana/Orange 23/15	10-8 Hot Dog 30 & Sun chips 18 Boneless Wings 22 & Roll 29 French Bread Pizza 33 Baked Beans 30 Romaine 2 Cauliflower 3 Applesauce 15 Orange /Apple 15/25	10-9 Teriyaki Chicken & Rice 32 Cheese/Hamburger 33 & Sun Chips 18 Pizza Slice 32 California Veggies 5 Romaine & Spinach 2 Cucumbers 2 Fruit Cocktail 13 Apple/Banana 25/23	10-10 NO SCHOOL
10-13 Chicken Tenders 29 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 California Veggies 5 Romaine/Carrots 2/6 Pears 19 Apple/Orange 25/15 Chocolate Pudding 18	10-14 French Toast 42 & Sausage 0 Cheese/Hamburger 33 & Sun Chip 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach/Grape Tomatoes 2/4 Garbanzo Beans 1 TBS 18 Mandarin Oranges 18 Banana/Orange 23/15	10-15 NO LUNCH	10-16 NO SCHOOL	10-17 NO SCHOOL
10-20 Chicken Nuggets 17 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 Baked Beans 30 Romaine/ Carrots 2/13 Pineapple 16 Apple/Orange 15/20 Cookie 18	10-2 Dutch Waffle 43 & Sausage 0 Cheese/Hamburger 33 & Sun Chip 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach/ Broccoli 2/6 Pears 13 Banana/Orange 31/20	10-22 Mozzarella Sticks 14 & Marinara 5 Boneless Wings 22 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine/Cauliflower 2/3 Lemon Berry Frozen Fruit Cup 18 Orange/ Apple 15/25	10-23 Meatball Sub 35 Cheese/Hamburger 32 & Sun Chips 18 Pizza Slice 32 California Veggies 16 Romaine & Spinach 2 Cucumbers 3 Cinnamon Applesauce 17 Apple/Banana 15/31	10-24 Teriyaki Chicken & Rice 47 Crispy Chicken Sandwich 39 Cheese Bosco 34 & Marinara 5 Peas & Carrots 8 Romaine & Red Peppers 2/5 Peaches & Pears 13 Grapes /Orange 15/20
10-27 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 39 Pizza Bosco 29 Cheesy Mashed Potatoes 19 Romaine/Carrots 2/13 Pears 13 Apple/Orange 20/15 Vanilla Pudding 28	10-28 French Toast 35 & Sausage 0 Cheese/Hamburger 32 & Sun Chip 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach/Grape Tomatoes 2/3 Garbanzo Beans 1 TBS 18 Mandarin Oranges 13 Banana/Orange 31/20	10-29 Rotini & Meatballs 43 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Apple 25 Orange 15	10-30 Mini Corn Dogs 31 & Mac & Cheese 30 Crispy Chicken Sandwich 46 Cheese Bosco 25 & Marinara 4 Broccoli Salad 5 Romaine & Spinach 2 Rosy Applesauce 16 Apple/Banana 25/23	10-31 Walking Taco 36 Cheese/Hamburger 33 & Sun Chips 18 Pizza Slice 32 Black Beans 30 Roasted Corn & Black Beans 14 Romine/Green Pepper 2/5 Peaches 14 Grapes/Orange 15/15 Cookie 18
Cold Options Daily: Uncrustable, String Cheese, Sun Chips 32+0+18 Yogurt Meal 22 Grain Varies Hummus Meal 15+28 Veggies Varies	Fresh Fruit Options: Apple, Orange, Banana Grapes Upon availability.	Chocolate Milk 23 White Milk 13 Apple Juice 15		