

Carb Count Menu

HS Dish Up

Carbs (g)

Thu - 03/01/2018	
HS Dish Up	
Pizza, Cheese Nardones DU	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
CRAISINS	28
Cheese, Colby Stick 17-18	-
Tortilla Chips 15-16	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/02/2018	
HS Dish Up	
Chicken, Popcorn (12 PC)	15
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROT COINS 1c	11
Fruit Cup, Mandarin Orange (C)	17
Fruit, Mixed Fruit, Canned	15
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
HS Dish Up	
CHICKN FIL SANDWICH (Sec)	43
KETCHUP PACKET	2
MUSTARD PACKET	-
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1

POTATO WEDGES, 15-16 1/2 CUP	20
CARROT COINS 3/4c	8
Fruit Cup, Pineapple (C)	15
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
HS Dish Up	
CHICKEN GORDITA	24
Taco Sauce Packet	1
GRILLED CHEESE SANDWICH 15-16	30
Fiesta Beans 1/2 cup	20
CORN 1/2c	16
RAISELS - ALL FLAVORS	36
Cheese, Mozz String 17-18	1
RAISELS - ALL FLAVORS	36
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
HS Dish Up	
CHICKEN DRUMSTICK, MESQUITE HS	6
Roll, Dinner (Sec/DU Grab n' G	19
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 3/4 cup	7
POTATOES, MASHED 1/2 CUP	13
CRAISINS	28
Fruit, Peaches, Canned	14
COOKIE, CELEBRATION	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
HS Dish Up	

Pizza, Pepperoni Nardones ISM	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit, Mixed Fruit, Canned	15
Cheese, Colby Stick 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/09/2018	
HS Dish Up	
Teriyaki Chicken Sliders	38
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN PEAS 1/2 cup	11
CARROT COINS 1/2c	6
RAISELS - ALL FLAVORS	36
APPLE SLICES, FRESH, 2 OZ INDV	8
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
HS Dish Up	
Chicken Tenders 6 piece (Sec)	28
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATO WEDGES, 15-16 1/2 CUP	20
Fiesta Beans 1/2 cup	20
RAISELS - ALL FLAVORS	36
MIXED FRUIT CUP	16
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Tue - 03/13/2018	
HS Dish Up	
Cheeseburger Dish Up	30
KETCHUP PACKET	2
MUSTARD PACKET	-
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
PEARS, DICED 15-16	14
Yogurt, Greek	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 03/14/2018	
HS Dish Up	
HOT HAM & CHEESE SANDWICH	32
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN PEAS 1/2 cup	11
CARROT COINS 1/2c	6
PINEAPPLE TIDBITS	18
RAISELS - ALL FLAVORS	36
Cheetos, Flamin' Hot Puffs	14
Cheese, Colby Stick 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
HS Dish Up	
Pizza, Cheese Nardones ISM	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Cheese, Mozz String 17-18	1
CRAISINS	28

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/16/2018	
HS Dish Up	
Chicken Parm Sandwich Sec/DU	49
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Oranges Wedges, Bagged	17
Fruit Cup, Peach (USDA)	20
COOKIE, CELEBRATION	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
HS Dish Up	
HOT DOG ON BUN, TURKEY, Sec/DU	27
BURRITO, BEAN & CHEESE 5.2 OZ	41
POTATO, TATER TOTS 1 cup	27
PEARS, DICED 15-16	14
Fruit Cup, Mandarin Orange (C)	17
Cookie, Chocolate Chip Cookie	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
HS Dish Up	
CHEESEBURGER SLIDERS-INTEGRATE	28
GRILLED CHEESE SANDWICH 15-16	30
CAMPFIRE BEANS 1/2 CUP	30
CARROT COINS 3/4c	8
CRAISINS	28
Juice, Variety	15
Cheese, Colby Stick 17-18	-

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
HS Dish Up	
Meatloaf w/Gravy (DU)	10
Roll, Dinner (Sec/DU Grab n' G	19
BURRITO, BEAN & CHEESE 5.2 OZ	41
GREEN BEANS 3/4 cup	7
POTATOES, MASHED 1/2 CUP	13
APPLE SLICES, FRESH, 2 OZ INDV	8
Fruit, Pineapple, Canned	22
COOKIE, CELEBRATION	24
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Thu - 03/22/2018	
HS Dish Up	
Pizza, Pepperoni Nardones DU	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Cheese, Mozz String 17-18	1
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/23/2018	
HS Dish Up	
Pulled Pork Sandwich	38
BURRITO, BEAN & CHEESE 5.2 OZ	41
CARROT COINS 1/2c	6
CORN 1/2c	16
Fruit Cup, Peach (USDA)	20
RAISELS - ALL FLAVORS	36
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13

