

Carb Count Menu

HS Lunch

Carbs (g)

Thu - 03/01/2018	
HS Lunch	
SPICY CHICKEN SANDWICH	44
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/02/2018	
HS Lunch	
Bacon Cheeseburger	30
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO WEDGES, 15-16 1/2 CUP	20
CARROT COINS 1/2c	6
Fruit, Mixed Fruit, Canned	15
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
HS Lunch	
Meatball Marinara Sub Sandwich	38
PIZZA, CHS PAPA JOHN'S	47

GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO, TATER TOTS 1 cup	27
Fruit, Mixed Fruit, Canned	15
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
HS Lunch	
Chicken Nuggets 5 piece (SEC)	16
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Fiesta Beans 1/2 cup	20
GREEN BEANS 1/2 cup	5
Fruit Cup, Peach (USDA)	20
COOKIE, DOUBLE CHOCOLATE	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 03/07/2018	
HS Lunch	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
Mayonnaise Packet	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 TURKEY CLUB HS	101
GRAB N GO#2 SPIC TURK HS	84
GRAB N GO#3 CRSP CHK SAL HS	93
Cheese, Mozz String 17-18	1
CARROTS,RAW,BABY	9

RANCH DRESSING	1
Fruit, Peaches, Canned	14
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
HS Lunch	
TERIYAKI CHIX W/BRWN RICE SEC	55
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/09/2018	
HS Lunch	
CHICKEN DRUMK, BREADED (SEC)	10
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pears, Canned	17
CRAISINS	28
CHIPS, DORITOS, RF	20
Milk - Chocolate, Nonfat	20
Milk - White 1%	13

Mon - 03/12/2018	
HS Lunch	
Cheeseburger Secondary	31
KETCHUP PACKET	2
MUSTARD PACKET	-
Mayonnaise Packet	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Fiesta Beans 1/2 cup	20
CORN 1/2c	16
Fruit Cup, Applesauce	13
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	
HS Lunch	
Chicken Tenders 6 piece (Sec)	28
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 03/14/2018	
HS Lunch	
SPICY CHICKEN SANDWICH	44

KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN PEAS 1/2 cup	11
POTATO, BAKED FRIES 1/2c	14
Fruit, Pineapple, Canned	22
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
HS Lunch	
Teriyaki Chicken Sliders	38
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit Cup, Mixed (USDA)	21
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/16/2018	
HS Lunch	
CHICKEN DRUMSTICK, MESQUITE HS	6
Corn Bread Muffin (IW) 16-17	36
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103

Celery 1cup 16-17	3
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
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Mon - 03/19/2018	
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HS Lunch	
CHICKN FIL SANDWICH (Sec)	43
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
MUSTARD PACKET	-
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CAMPFIRE BEANS 1/2 CUP	30
POTATO, TATER TOTS 1/2 cup	13
MANDARIN ORANGES, CANNED	17
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
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Tue - 03/20/2018	
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HS Lunch	
Orange Tanger Chix w/rice HS	59
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CARROT COINS 1c	11
Fruit, Pears, Canned	17
CHIPS, DORITOS, RF	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Juice, Variety	15
Wed - 03/21/2018	
HS Lunch	
HOT & SPICY CHIX NUGGETS	15
RANCH DRESSING	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN BEANS 1 cup	9
APPLES, FRESH, WHOLE	19
Fruit, Peaches, Canned	14
ELF GRAHAMS CRACKERS	21
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Thu - 03/22/2018	
HS Lunch	
Cheesy breadsticks mari w/spin	44
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/23/2018	
HS Lunch	
Double Cheeseburger Secondary	32
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101

GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO WEDGES, 15-16 1/2 CUP	20
CARROT COINS 1/2c	6
Fruit, Mixed Fruit, Canned	15
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20