

**Carb Count****HS ISM****Carbs (g)**

Thu - 03/01/2018	
HS ISM	
Pizza, Pepperoni Nardones ISM	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Juice, Variety	15
Cheese, Mozz String 17-18	1
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/02/2018	
HS ISM	
TERIYAKI CHIX W/BRWN RICE ISM	10
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
RAISELS - ALL FLAVORS	36
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
HS ISM	
BBQ Rib Sandwich ISM/SISM	36
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANs 1/2 cup	5
CORN 1/2c	16
Fruit Cup, Peach (USDA)	20
CRAISINS	28

ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
HS ISM	
Grab n Go Lunch Box ISM	29
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Cheese, Colby Stick 17-18	-
GOLDFISH CRACKERS, CHEDDAR	14
COOKIE, SUGAR	24
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
HS ISM	
Teriyaki Chicken Sliders	38
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Fiesta Beans 1/2 cup	20
GREEN PEAS 1/2 cup	11
Fruit Cup, Mandarin Orange (C)	17
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
HS ISM	
Pizza, Cheese Nardones ISM	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8

Juice, Variety	15
Cheese, Colby Stick 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/09/2018	
HS ISM	
CHICKN FIL SANDWICH (ISM)	43
GREEN BEANS, BREADED	22
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Taco Sauce Packet	1
Salsa Cup 3oz	6
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit Cup, Pear (USDA)	17
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
HS ISM	
Chicken Nuggets 5 piece (ISM)	16
POTATO, SMILES, 1/2 CUP	20
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
Fruit Cup, Applesauce	13
CRAISINS	28
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	

HS ISM	
CHICKEN GORDITA	24
Taco Sauce Packet	1
GRILLED CHEESE SANDWICH 15-16	30
CORN 1/2c	16
CAMPFIRE BEANS 1/2 CUP	30
RAISELS - ALL FLAVORS	36
Juice, Variety	15
Cheese, Mozz String 17-18	1
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/14/2018	
HS ISM	
CHICKEN DRUMK, BREADED (SEC)	10
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
HUMMUS, KRONOS	7
PINEAPPLE TIDBITS	18
CRAISINS	28
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
HS ISM	
Pizza, Pepperoni Nardones ISM	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit Cup, Mixed (USDA)	21
Juice, Variety	15
Cheese, Mozz String 17-18	1
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Fri - 03/16/2018	
HS ISM	
Meatloaf w/Gravy&Mash P (ISM)	23
Roll, Dinner (ISM/SISM)	13
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Celery 1cup 16-17	3
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
CRAISINS	28
COOKIE, SUGAR	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
HS ISM	
BBQ Chix Patty Sandwich (ISM)	35
POTATO, DELI ROASTERS 1/2 CUP	25
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Fiesta Beans 1/2 cup	20
GREEN PEAS 1/2 cup	11
Fruit Cup, Peach (USDA)	20
RAISELS - ALL FLAVORS	36
Cheese, Colby Stick 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
HS ISM	
Cheeseburger Sliders	30
GRILLED CHEESE SANDWICH 15-16	30
Celery 1cup 16-17	3
RANCH DRESSING	1

MANDARIN ORANGES, CANNED	17
Juice, Variety	15
Yogurt, Greek	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
HS ISM	
Meatball/Marinara/Pot Wedges	31
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
Fruit Cup, Pineapple (C)	15
RAISELS - ALL FLAVORS	36
CHEESY BREADSTICK	15
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
HS ISM	
Pizza, Cheese Nardones ISM	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit Cup, Pear (USDA)	17
Juice, Variety	15
Cheese, Mozz String 17-18	1
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/23/2018	
HS ISM	
Chicken Tenders 3 piece (ISM)	14
GREEN BEANS, BREADED	22
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6

Taco Sauce Packet	1
Juice, Veg Juice Blend 6.75oz	23
Juice, Veg Juice Blend 6.75oz	23
Fruit Cup, Mixed (USDA)	21
CRAISINS	28
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20