

Carb Count Menu

MS Lunch	Carbs (g)
Thu - 03/01/2018	
MS Lunch	
SPICY CHICKEN SANDWICH	44
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/02/2018	
MS Lunch	
Bacon Cheeseburger	30
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
Fruit, Mixed Fruit, Canned	15
POTATO WEDGES, 15-16 3/4c	30
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
MS Lunch	
Meatball Marinara Sub Sandwich	38
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
POTATO, TATER TOTS 3/4 cup	20
Fruit, Mixed Fruit, Canned	15

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
MS Lunch	
Chicken Nuggets 5 piece (SEC)	16
RANCH DRESSING	1
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC TURK MS	67
Grab N Go#3 Lite & Fit MS	67
Fiesta Beans 1/2 cup	20
GREEN BEANS 1/2 cup	5
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
MS Lunch	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Peaches, Canned	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
MS Lunch	
RAVIOLI CHEESE, W/MARI SPIN	39
PIZZA, CHS PAPA JOHN'S	47

GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Juice, Variety	15
ELF GRAHAMS CRACKERS	21
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Fri - 03/09/2018	
MS Lunch	
CHICKEN DRUMK, BREADED (SEC)	10
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
MS Lunch	
Cheeseburger Secondary	31
KETCHUP PACKET	2
Mayonnaise Packet	1
MUSTARD PACKET	-
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit HS	103
Fiesta Beans 1/2 cup	20
CORN 1/2c	16
Fruit Cup, Applesauce	13

Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Tue - 03/13/2018	
MS Lunch	
Chicken Tenders 6 piece (Sec)	28
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
CARROTS,RAW,BABY	9
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Wed - 03/14/2018	
MS 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 MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
GREEN PEAS 1/2 cup	11
POTATO, BAKED FRIES 1/2c	14
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
MS Lunch	
Teriyaki Chicken Sliders	38
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89

Grab N Go#3 Lite & Fit MS	67
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 03/16/2018	
MS 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 MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
Celery 1cup 16-17	3
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
MS Lunch	
CHICKN FIL SANDWICH (Sec)	43
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
CAMPFIRE BEANS 3/4 CUP	45
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
MS Lunch	
Orange Tanger Chix w/rice MS	47

PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
CHIPS, DORITOS, RF	20
CARROT COINS 3/4c	8
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
MS Lunch	
HOT & SPICY CHIX NUGGETS	15
RANCH DRESSING	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
GREEN BEANS 3/4 cup	7
APPLES, FRESH, WHOLE	19
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
MS Lunch	
Cheesy breadsticks mari w/spin	44
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Fri - 03/23/2018	
MS Lunch	
Double Cheeseburger Secondary	32
KETCHUP PACKET	2
MUSTARD PACKET	-
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
Fruit, Mixed Fruit, Canned	15
POTATO WEDGES, 15-16 3/4c	30
Milk - White 1%	13
Milk - Chocolate, Nonfat	20