

## Carb Count Menu

### HS Dish Up

### Carbs (g)

Tue - 05/01/2018	
HS Dish Up	
CHEESEBURGER SLIDERS-INTEGRATE	28
GRILLED CHEESE SANDWICH 15-16	30
CAMPFIRE BEANS 1/2 CUP	30
GREEN PEAS 1/4 cup	6
CARROT COINS 1/4c	6
CRAISINS	28
Juice, Variety	15
Cheese, Colby Stick 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
HS Dish Up	
CHICKN FIL SANDWICH (Sec)	43
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
RANCH DRESSING	1
RAISELS - ALL FLAVORS	36
Fruit Cup, Peach (USDA)	20
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Thu - 05/03/2018	
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
APPLE SLICES, FRESH, 2 OZ INDV	8

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/04/2018	
HS Dish Up	
Pulled Pork Sandwich	38
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CELERY STICKS	4
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Fruit Cup, Mixed (USDA)	21
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/07/2018	
HS Dish Up	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATO, BAKED FRIES 1/2c	14
CARROT COINS 3/4c	8
Fruit Cup, Pineapple (C)	15
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
HS Dish Up	
Pulled Pork Sandwich	38
BBQ Sauce, Heinz Packet	4

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 - 05/09/2018	
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 - 05/10/2018	
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 - 05/11/2018	

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
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 - 05/14/2018	
HS Dish Up	
Chicken Nuggets 8 piece (SEC)	26
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATO, BAKED FRIES 1/2c	14
Fiesta Beans 1/2 cup	20
RAISELS - ALL FLAVORS	36
MIXED FRUIT CUP	16
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
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
Fruit, Pears, Canned	17
Yogurt, Greek	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 05/16/2018	
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 - 05/17/2018	
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
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/18/2018	
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
CRAISINS	28
Fruit Cup, Peach (USDA)	20
COOKIE, CELEBRATION	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
HS Dish Up	
CHICKEN DRUMK, BREADED (SEC)	10
Roll, Dinner (Sec/DU Grab n' G	19
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATOES, MASHED 1/2 CUP	13
CAMPFIRE BEANS 1/2 CUP	30
RAISELS - ALL FLAVORS	36
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
HS Dish Up	
Chicken Tenders 6 piece (Sec)	28
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Pineapple, Canned	22
CHEESY BREADSTICK	15
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Wed - 05/23/2018	
HS Dish Up	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 1 cup	9
Fruit, Pears, Canned	17
CRAISINS	28
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/24/2018	
HS Dish Up	
Pizza, Pepperoni Nardones DU	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Cheese, Colby Stick 17-18	-
Tortilla Chips 15-16	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/25/2018	
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
Fruit Cup, Mandarin Orange (C)	17
Fruit, Mixed Fruit, Canned	15

ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	
HS Dish Up	
Teriyaki Chicken Sliders	38
GRILLED CHEESE SANDWICH 15-16	30
POTATO, TATER TOTS 1 cup	27
Juice, Variety	15
Fruit Cup, Mandarin Orange (C)	17
CHEESY BREADSTICK	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/30/2018	
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
CAMPFIRE BEANS 1/2 CUP	30
CRAISINS	28
Fruit Cup, Mandarin Orange (C)	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/31/2018	
HS Dish Up	
Pizza, Cheese Nardones DU	30
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