

Carb Count Menu

4 Day MS Lunch

Carbs (g)

Tue - 05/01/2018	
4 Day MS Lunch	
CHEESEBURGER SLIDERS-INTEGRATE	28
GRILLED CHEESE SANDWICH 15-16	30
CAMPFIRE BEANS 1/2 CUP	30
GREEN BEANS 1/2 cup	5
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
4 Day MS Lunch	
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
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Peaches, Canned	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
4 Day MS Lunch	
Pizza, Cheese Nardones ISM	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Tortilla Chips 15-16	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Mon - 05/07/2018	

4 Day MS Lunch	
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, BAKED FRIES 1/2c	14
CARROT COINS 1/2c	6
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
4 Day MS Lunch	
Pulled Pork Sandwich	38
BBQ Sauce, Heinz Packet	4
GRILLED CHEESE SANDWICH 15-16	30
Fiesta Beans 3/4 cup	30
Tortilla Chips 15-16	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 05/09/2018	
4 Day MS Lunch	
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 1/2 cup	5
POTATOES, MASHED 1/2 CUP	13
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	

4 Day MS Lunch	
Pizza, Pepperoni Nardones ISM	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Mon - 05/14/2018	
4 Day MS Lunch	
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
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
4 Day MS Lunch	
Cheeseburger Dish Up	30
KETCHUP PACKET	2
MUSTARD PACKET	-
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 05/16/2018	

4 Day MS Lunch	
HOT HAM & CHEESE SANDWICH	32
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 3/4 cup	7
Fruit Cup, Pineapple (C)	15
Turkey Stick, Smokehouse 17-18	-
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/17/2018	
4 Day MS Lunch	
Pizza, Cheese Nardones ISM	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Mon - 05/21/2018	
4 Day MS Lunch	
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
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
4 Day MS Lunch	
Chicken Tenders 3 piece (Sec)	14

BBQ Sauce, Heinz Packet	4
KETCHUP PACKET	2
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Juice, Variety	15
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/23/2018	
4 Day MS Lunch	
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 3/4 cup	7
Fruit, Peaches, Canned	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/24/2018	
4 Day MS Lunch	
Pizza, Pepperoni Nardones DU	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Tortilla Chips 15-16	18
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15