

Carb Count Menu

MS Lunch

Carbs (g)

Tue - 05/01/2018	
MS Lunch	
CHICKEN RAN BLT SECONDARY	46
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
CARROTS,RAW,BABY	9
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
MS 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 DELI TURKY SUB MS	86
GRAB N GO#2 SPIC CHX WRAP MS	89
Grab N Go#3 Lite & Fit MS	67
SALAD BAR SELFSERVE;MS Mar/Apr	60
POTATO, BAKED FRIES 3/4c	21
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
MS Lunch	
SPICY CHICKEN SANDWICH	44
KETCHUP PACKET	2
MUSTARD PACKET	-
Mayonnaise Packet	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
SALAD BAR SELFSERVE;MS Mar/Apr	60
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 05/04/2018	
MS Lunch	
Chicken Parm Sandwich Sec/DU	49
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pineapple, Canned	22
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Mon - 05/07/2018	
MS Lunch	
Chicken Nuggets 8 piece (SEC)	26
RANCH DRESSING	1
PIZZA, CHS 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
SALAD BAR SELFSERVE;MS Feb/Mar	71
Fiesta Beans 1/2 cup	20
GREEN BEANS 1/2 cup	5
Fruit, Mixed Fruit, Canned	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Tue - 05/08/2018	
MS Lunch	
Meatball Marinara Sub Sandwich	38
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
SALAD BAR SELFSERVE;MS Feb/Mar	71
POTATO, TATER TOTS 3/4 cup	20
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
MS Lunch	
Double Cheeseburger Secondary	32
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
SALAD BAR SELFSERVE;MS Feb/Mar	71
CARROTS,RAW,BABY	9
Fruit, Peaches, Canned	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
MS Lunch	
Orange Tanger Chix w/rice MS	47
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
SALAD BAR SELFSERVE;MS Feb/Mar	71
GREEN SALAD WITH TOMATO	4

RANCH DRESSING	1
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Fri - 05/11/2018	
MS Lunch	
CHICKEN DRUMSTICK, BUFFALO 2ea	8
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
SALAD BAR SELFSERVE;MS Feb/Mar	71
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pears, Canned	17
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/14/2018	
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
CAMPFIRE BEANS 3/4 CUP	45
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
MS Lunch	
Pork, Pulled Pork Nachos	45
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
CARROTS,RAW,BABY	9
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
MS Lunch	
chicken nuggets hot&sp 8 PIECE	24
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
GREEN BEANS 3/4 cup	7
APPLES, FRESH, WHOLE	19
Cheetos, Flamin' Hot Puffs	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/17/2018	
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 05/18/2018	

MS Lunch	
Cheeseburger Secondary	31
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
Fruit, Mixed Fruit, Canned	15
POTATO WEDGES, 15-16 3/4c	30
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
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
SALAD BAR SELFSERVE;MS Mar/Apr	60
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