

## Carb Count Menu

HS Lunch	Carbs (g)
Tue - 05/01/2018	
HS Lunch	
CHICKEN RAN BLT SECONDARY	46
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 05/02/2018	
HS 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 HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO, BAKED FRIES 1c	28
Fruit, Pears, Canned	17
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
HS Lunch	
SPICY CHICKEN SANDWICH	44
KETCHUP PACKET	2
MUSTARD PACKET	-
PIZZA, CHS PAPA JOHN'S	47

GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLES, FRESH, WHOLE	19
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/04/2018	
HS Lunch	
Chicken Parm Sandwich Sec/DU	49
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pineapple, Canned	22
CRAISINS	28
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Mon - 05/07/2018	
HS Lunch	
Chicken Nuggets 5 piece(ES DU)	16
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Fiesta Beans 1/2 cup	20
GREEN BEANS 1/2 cup	5
Fruit, Mixed Fruit, Canned	15
Fruit, Applesauce, Canned	23
COOKIE, DOUBLE CHOCOLATE	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Tue - 05/08/2018	
HS Lunch	
Orange Tanger Chix w/rice HS	59
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO, TATER TOTS 1 cup	27
Fruit, Peaches, Canned	14
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
HS Lunch	
Double Cheeseburger Secondary	32
KETCHUP PACKET	2
MUSTARD PACKET	-
Mayonnaise Packet	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 TURKEY CLUB HS	101
GRAB N GO#2 SPIC TURK HS	84
GRAB N GO#3 CRSP CHK SAL HS	93
CARROTS,RAW,BABY	9
Fruit, Peaches, Canned	14
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
HS Lunch	
TERIYAKI CHIX W/BRWN RICE SEC	55
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4

RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/11/2018	
HS Lunch	
CHICKEN DRUMSTICK, BUFFALO 2ea	8
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Pears, Canned	17
CRAISINS	28
CHIPS, DORITOS, RF	20
COOKIE, CELEBRATION	24
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Mon - 05/14/2018	
HS Lunch	
CHICKN FIL SANDWICH (Sec)	43
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
MUSTARD PACKET	-
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CAMPFIRE BEANS 1/2 CUP	30
POTATO, TATER TOTS 1/2 cup	13
MANDARIN ORANGES, CANNED	17
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Tue - 05/15/2018	
HS Lunch	
Pork, Pulled Pork Nachos	45
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Wed - 05/16/2018	
HS Lunch	
chicken nuggets hot&sp 8 PIECE	24
RANCH DRESSING	1
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN BEANS 1 cup	9
APPLES, FRESH, WHOLE	19
Fruit, Peaches, Canned	14
Cheetos, Flamin' Hot Puffs	14
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Thu - 05/17/2018	
HS Lunch	
Cheesy breadsticks mari w/spin	44
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN SALAD WITH TOMATO	4

RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Juice, Variety	15
Fri - 05/18/2018	
HS Lunch	
Cheeseburger Secondary	31
PIZZA, PEP PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
POTATO WEDGES, 15-16 1/2 CUP	20
CARROT COINS 1/2c	6
Fruit, Mixed Fruit, Canned	15
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
HS Lunch	
SPICY CHICKEN SANDWICH	44
PIZZA, CHS PAPA JOHN'S	47
GRAB N GO #1 DELI TURKY SUB HS	101
GRAB N GO#2 SPIC CHX WRAP HS	118
Grab N Go#3 Lite & Fit HS	103
GREEN PEAS 1/2 cup	11
POTATO, BAKED FRIES 1/2c	14
Fruit, Pineapple, Canned	22
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20