

August Middle and High School Lunch Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
		8-13 Hot Dog 19 Sun Chip 18 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Baked Beans 30 Romaine 2 Cauliflower 3 Applesauce 14 Apple 15 Orange 20	8-14 Teriyaki Chicken & Rice 47 Hamburger/Cheeseburger 21 Sun Chip 18 Pizza Slice 32 Peas & Carrots 8 Shredded Lettuce 2 Romaine & Spinach 2 Cucumber 3 Fruit Cocktail 13 Apple 15 Banana 31	8-15 Quesadilla 39 Crispy Chicken Sandwich 28 Cheese Bosco 35 & Marinara 5 Green Beans 5 Romaine 2 Red Pepper 5 Wild Cherry Frozen Fruit Cup 18 Grapes 15 Orange 20
8-18 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 39 California Veggies 16 Romaine 2 Baby Carrots 13 Pears 13 Apple 15 Orange 20 Chocolate Pudding 13	8-19 French Toast Sticks 35 & Sausage 0 Hamburger/Cheeseburger 21 Sun Chips 18 Pizza Slice 32 Skillet Potatoes 19 Romaine & Spinach 2 Garbanzo Beans 1TBS 8 Mandarin Oranges 13 Banana 32 Orange 20	8-20 Corn Dog 30 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Broccoli Salad Romaine 2 Cauliflower 3 Fruit Cocktail 13 Orange 20 Apple 15	8-21 Country Breaded Steak 19 & Roll 29 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Mashed Potatoes 19 & Gravy 5 Romaine & Spinach 2 Peaches 14 Apple 15 Banana 31	8-22 Walking Taco 36 Hamburger/Cheeseburger 21 Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romaine 2 Grape Tomatoes 3 Rosy Applesauce 22 Grapes 15 Orange 20
8-25 Chicken Nuggets 17 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 39 Baked Beans 30 Romaine 2 Baby Carrots 13 Pineapple 16 Apple 15 Orange 20	8-26 Duch Waffle 43 & Sausage 0 Hamburger/Cheeseburger 21 Sun Chips 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Pears 13 Banana 31 Orange 20	8-27 Mozzarella Sticks 14 & Marinara 5 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Cut Carrots 7 Romaine 2 Cauliflower 3 Lemon Berry Frozen Fruit Cup 18 Apple 15 Orange 20	8-28 Meatball Sub 24 Hamburger/Cheeseburger 21 Sun Chips 18 Pizza Slice 32 California Veggies 16 Romaine 2 Cucumbers 3 Cinnamon Applesauce 17 Apple 15 Banana 31	8-29 NO LUNCH
Uncrustable Meal 32-0-18 Yogurt Meal 22 Grain Varies Hummus 15-28 Varies				