

February Middle and High School Lunch Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
2-3 Chicken Tenders 20 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 39 California Veggies 16 Romaine 2 Carrots 13 Pears 13 Apple 15 Orange 20 Chocolate Pudding 13	2-4 French Toast Sticks 35 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Skillet Potatoes 19 Grape Tomatoes 3 Romaine & Spinach 2 Garbanzo Beans 1TB 8 Mandarin Oranges 13 Banana 31 Orange 20	2-5 Country Breaded Sandwich 38 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Mashed Potatoes 19 & Gravy 5 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Apple 15 Orange 20	2-6 Corn Dog 30 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Green Peppers 5 Peaches 14 Apple 15 Banana 31	2-7 Walking Taco 36 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romaine 2 Green Pepper 5 Rosy Applesauce 22 Grapes 15 Orange 20 Cookie 24
2-10 Chicken Nuggets 17 & Roll 29 Spicy Chicken Sandwich 28 Pizza Bosco 39 Baked Beans 30 Romaine 2 Carrots 13 Pineapple 16 Apple 15 Orange 20	2-11 Dutch Waffle 43 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Pears 13 Banana 31 Orange 20	2-12 NO LUNCH	2-13 NO SCHOOL	2-14 NO SCHOOL
2-17 No School	2-18 French Toast Sticks 35 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Skillet Potatoes 19 Grape Tomatoes 3 Romaine & Spinach 2 Garbanzo Beans 1TB 8 Mandarin Oranges 13 Banana 31 Orange 20	2-19 Chicken Parmesan Sandwich 35 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Crinkle Carrots 7 Romaine 2 Cauliflower 3 Fruit Cocktail 13 Orange 20 Apple 15	2-20 Mini Corn Dogs 25 & Mac & Cheese 23 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Broccoli Salad 5 Romaine & Spinach 2 Rosy Applesauce 22 Apple 15 Banana 31	2-21 Walking Taco 36 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Black Beans 20 Roasted Corn & Black Beans 14 Romaine 2 Green Pepper 5 Peaches 14 Grapes 15 Orange 20
2-24 Meatball Sub 24 Spicy Chicken Sandwich 28 Pizza Bosco 29 Corn 15 Romaine 2 Carrots 6 Pears 13 Pineapple 16 Apple 15 Orange 20	2-25 Snack N' Waffle 30 & Sausage 0 French Toast Sticks 35 & Sausage 0 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 Potato Triangles 21 Romaine & Spinach 2 Broccoli 6 Peaches 14 Banana 31 Orange 20	2-26 Hot Dog 19 & Sun Chips 18 Boneless Wings 15 & Roll 29 French Bread Pizza 33 Baked Beans 30 Romaine 2 Cauliflower 3 Applesauce 14 Orange 20 Apple 15	2-27 Teriyaki Chicken & Rice 47 Cheese/ Hamburger 21 & Sun Chips 18 Pizza Slice 32 California Veggies 16 Shredded Lettuce 2 Romaine & Spinach 2 Cucumbers 3 Fruit Cocktail 13 Apple 15 Banana 31	2-28 Quesadilla 39 Crispy Chicken Sandwich 28 Cheese Bosco 34 & Marinara 5 Green Beans 5 Romaine 2 Red Peppers 5 Wild Cherry Frozen Fruit Cup 18 Grapes 15 Orange 20
Uncrustable Meal 32-0-18 Yogurt Meal 22 Grain Varies Hummus 15-28 Varies				