



# MIDDLE SCHOOL LUNCH CARB COUNT

**BREAKFAST – 1.75    ADULT - \$2.20**  
**LUNCH - \$2.90        ADULT - \$3.95**  
**MILK - \$.60**

	April 22	April 23	April 24	April 25	April 26
<b>Pizza Line</b>	Wedge (23.8)or Fr. (23.1g) Bread Pizza	Wedge (23.8)or Fr. (23.1g) Bread Pizza	Wedge (23.8)or Fr. (23.1g) Bread Pizza	Wedge (23.8)or Fr. (23.1g) Bread Pizza	Wedge (23.8)or Fr. (23.1g) Bread Pizza
<b>World Café Line</b>	Chicken Nuggets (10)	Pasta Week (40g) Chicken (1g)	Pasta Week (40g) Meatballs (4g)	Pasta Week Chicken (1g)	Chicken Quesadilla (37g)
<b>Entrée Line</b>	Chicken Nuggets	Cheese Calzones (34g)	Tacos(34g)	Meatball Sub (4g +26g +9g)	Chicken Quesadilla
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad
<b>Sandwich of the Day</b>	Cheeseburger (27g)	Chicken Patty (13g + 25g)	Bacon Cheeseburger (28g)	Spicy Chicken Patty (17g + 25g)	Fish Sandwich (16g + 25g)
<b>Vegetable</b>	Oven Fries (20g)	Steamed Broccoli (6.4g)	Baked Beans (21g)	Steamed Carrots (6g)	Steamed Green Bean (5.8g)

	April 29	April 30	May 1	May 2	May 3
<b>Pizza Line</b>	Wedge (23.8g) or Personal (46g)Pizza	Wedge (23.8g) or Personal (46g)Pizza	Wedge (23.8g) or Personal (46g)Pizza	Wedge (23.8g) or Personal (46g)Pizza	Wedge (23.8g) or Personal (46g)Pizza
<b>World Café Line</b>	American Week Popcorn Chicken (18g)	American Week Cheese Stuffed Breadsticks (46g)	American Week Hot Turkey Sandwich	American Week Texas Toast (28g/2sl)	American Week Nachos, Meat & Cheese (23g)
<b>Entrée Line</b>	Popcorn Chicken	Cheese Stuffed Breadsticks (46g)	Cook's Choice	Texas Toast (28g/2sl) Grilled Cheese (2g/2s)	Nacho, Meat & Cheese
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad
<b>Sandwich of the Day</b>	Cheeseburger (27g)	Chicken Patty (13g + 25g)	Bacon Cheeseburger (28g)	Spicy Chicken Patty (17g + 25g)	Fish and Cheese Sandwich(16g+2g+25g)
<b>Vegetable</b>	Mashed Potatoes w/ Gravy (26g)	Steamed Peas (11g)	Corn (15g)	Tomato Soup (20g)	Baked Beans (21g)

Sandwich Line also has PBJ (69g) each day

	May 6	May 7	May 8	May 9	May 10
<b>Pizza Line</b>	Wedge (23.8 g)or St. Crust Pizza (52g)	Wedge (23.8 g)or St. Crust Pizza (52g)	Wedge (23.8 g)or St. Crust Pizza (52g)	Wedge (23.8 g)or St. Crust Pizza (52g)	Wedge (23.8 g)or St. Crust Pizza (52g)
<b>World Café Line</b>	Chicken Sticks (14g)	Asian Week	Asian Week	Asian Week	Chicken Quesadilla (37g)
<b>Entrée Line</b>	Chicken Sticks (14g)	Asian Week	Asian Week	Asian Week	Chicken Quesadilla
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad
<b>Sandwich of the Day</b>	Cheeseburger (27g)	Chicken Patty (13g + 25g)	Bacon Cheeseburger (28g)	Spicy Chicken Patty (17g + 25g)	Fish Sandwich (16g + 25g)
<b>Vegetable</b>	Oven Fries (20g)	Steamed Broccoli (6.4g)	Baked Beans (21g)	Steamed Green Beans (5.8g)	Steamed Carrots (6g)

Sandwich Line also has PBJ (69g) each day

	May 13	May 14	May 15	May 16	May 17
<b>Pizza Line</b>	Wedge (23.8g) or Garlic FB Pizza (30g)	Wedge (23.8g) or Garlic FB Pizza (30g)	Wedge (23.8g) or Garlic FB Pizza (30g)	Wedge (23.8g) or Garlic FB Pizza (30g)	Wedge (23.8g) or Garlic FB Pizza (30g)
<b>World Café Line</b>	Chicken Tenders (16g)	Breakfast for Lunch French Toast Sticks w/ Yogurt (34 +13 +16g)	Breakfast For Lunch Mini Pancakes (39g) & Sausage	Breakfast for lunch Egg & Cheese Sand. (3 + 2 + 24g)	Nachos, Meat & Cheese (23g)
<b>Entrée Line</b>	Chicken Tenders (16g)	French Toast Sticks w/ Yogurt	Mini Pancakes & Sausage	Egg & Cheese Sand	Nachos, Meat & Cheese
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad	Sub, Sandwich, Wrap or Salad
<b>Sandwich of the Day</b>	Cheeseburger (27g)	Chicken Patty (13g + 25g)	Bacon Cheeseburger (28g)	Spicy Chicken Patty (17g + 25g)	Fish and Cheese Sandwich (16g+2g+25g)
<b>Vegetable</b>	Mashed Potatoes w/ Gravy (26g)	Steamed Corn (15g)	Baked Beans (21g)	Hash Brown (14g)	Seasoned Peas (11g)

Sandwich Line also has PBJ (69g) each day

Each Meal comes with: Choice of Milk

Choice of 2 fruits (fresh, canned or juice)

Choice of 2 Vegetables (Steamed, Baked, Fresh Salad or Fresh Veggie Pack)

Each Meal must have a least 1 fruit or vegetable to be a complete meal