



# MIDDLE SCHOOL LUNCH CARB COUNT

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

	May 20	May 21	May 22	May 23	May 24
<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)	Chicken Quesadilla (37g)	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)

	May 27	May 28	May 29	May 30	May 31
<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)	Tacos(34g)	American Week Texas Toast (28g/2sl) Grilled Cheese (2g/2s)	American Week Nachos, Meat & Cheese (23g)
<b>Entrée Line</b>	Popcorn Chicken	Cheese Stuffed Breadsticks (46g)	Tacos(34g)	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

	June 3	June 4	June 5	June 6	June 7
<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>	Asian Week	Asian Week	Asian Week	Asian Week	Asian Week
<b>Entrée Line</b>	Asian Week	Asian Week	Asian Week	Asian Week	Asian Week
<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)

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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