



# HIGH 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 French (23.1g) Bread Pizza	Wedge or French (23.1g)Bread Pizza	Wedge or French Bread Pizza	Wedge or French Bread Pizza	Wedge or French Bread Pizza
<b>World Café Line</b>	Pasta Week (40g) Meat sauce (9g)	Pasta Week (40g) Meatballs (4g)	Pasta Week (40g) Chicken (1g)	Pasta Week Primavera	Pasta Week Chicken
<b>Entrée Line</b>	Chicken Nuggets (10g)	Cheese Calzone (34g)	Pizza Crunchers (21g)	Taco Bar	Chicken Quesadilla (37g)
<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 (33g)	Chicken Patty (13g + 29g)	Bacon Cheeseburger (33g)	Spicy Chicken Patty (17g + 29g)	Fish Sandwich (16g + 29g)
<b>Vegetable</b>	Oven Fries (20g)	Steamed Broccoli (6.4g)	Baked Beans (21g)	Steamed Carrots (6g)	Steamed Green Beans (5.8g)

	May 27	May 28	May 29	May 30	May 31
<b>Pizza Line</b>	Wedge (23.8g) or Personal (46g)Pizza	Wedge or Personal (46g)Pizza	Wedge or Personal Pizza	Wedge or Personal Pizza	Wedge or Personal Pizza
<b>World Café Line</b>	American Week Popcorn Chicken (18g)	American Week Cheese Stuffed Bread Sticks (32g)	American Week Oven Baked Chicken	American Week Meatball Sub (4g +26g +9g)	American Week Buffalo Wing Bar
<b>Entrée Line</b>	Popcorn Chicken (18g)	Cheese Stuffed Bread Sticks (32g)	Oven Baked Chicken	Hot Ham & Cheese Sand ( 1g + 2g +29g)	Spaghetti & Meatballs (40g +4g)
<b>Line 2</b>	Chicken Cheddar Cheese Sub (27g +?)	Buffalo Chicken Wrap	Philly Cheese Steak (3g + 2g+28g)	Pork BBQ (29g + 16g)	Loaded Nachos Bar
<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 (33g)	Chicken Patty (13g + 29g)	Bacon Cheeseburger (28g)	Spicy Chicken Patty (17g + 29g)	Fish and Cheese Sandwich (16g+2g+29g)
<b>Vegetable</b>	Mashed Potatoes w/ Gravy (26g)	Steamed Peas (11g)	Steamed Corn (15g)	Steamed Peas (11g)	Baked Beans (21g)

Sandwich Line also has PBJ (69g) and a Vegetarian Option each day

	June 3	June 4	June 5	June 6	Junes 7
<b>Pizza Line</b>	Wedge(23.8g) or Stuff Crust Pizza (52g)	Wedge (23.8g) or Stuff Crust Pizza(52g)	Wedge (23.8g) or Stuff Crust Pizza(52g)	Wedge(23.8g) or Stuff Crust Pizza(52g)	Wedge (23g) or Stuffed Crust Pizza (52g)
<b>World Café Line</b>	Asian Week	Asian Week	Asian Week	Asian Week	Asian Week
<b>Entrée Line</b>	Buffalo Chicken Cheese Sticks	Stromboli	Pizza Crunchers (21g)	Texas Beef Rib BQ (31g)	Chicken Quesadilla (37g)
<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 (33g)	Chicken Patty (13g + 29g)	Bacon Cheeseburger (33g)	Spicy Chicken Patty (17g + 29g)	Fish Sandwich (16g + 29g)
<b>Vegetable</b>	Oven Fries (20g)	Steamed Broccoli (6.4g)	Baked Beans (21g)	Steamed Green Bean (5.8g)	Steamed Carrots (6g)

Sandwich Line also has PBJ (69g) and a Vegetarian Option 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