



**MIDDLE SCHOOL LUNCH
CARB COUNT**

BREAKFAST – 1.85 ADULT - \$2.30
LUNCH - \$3.00 ADULT - \$4.00
MILK - \$.60

Potatoes:	Other items	Bread – Rolls
Crinkle Fries – 20g	Santiago Refried Beans – 25g	White Sandwich Bread (2) – 28g
Colossal Crisp fries – 26.9g	Brown Rice 35g	Whole Wheat Bread – 17g
Idahoan Instant Potatoes – 17g	Mimh Egg Roll Vegetable – 24g	Whole Wheat Cluster Dinner Roll – 14g
McCain Crispy Fries – 25g	Minh Fried Rice Vegetable – 54g	Multi –Grain Dinner Roll – 17g
McCain emoticon – 23g	Alfredo Sauce – 6g	Whole Wheat Hamburger Roll – 22g
McCain Spirals – 21g	Hot Dog – 1g	Whole Wheat Large Hamburger Roll – 25g
WG Onion Rings – 28g	Rib B Q sliders – 43g	Whole Wheat 5”Steak Roll – 29g
Oreida Fries – 20g	Pizza Crunchers – 41g	Whole Wheat Medium Kaiser Roll – 30g
Oreida Hash Patty – 15g	Cheese Stuff Shells – 25g	Whole Wheat 6” Steak Roll – 37g
Oreida Tater Tots – 19g	Tasty Brand WG lasagna – 29g	Wheat Jumbo Hot Dog Roll – 25g
Oreida Waffle Fry – 21g	Chicken N Waffle Bites – 10g	Whole Wheat Hot Dog Roll – 22g
Twister Fries – 23.81	Turkey Pepperoni – 2g	Soft Stuffing cubes (2 ¼ cup) – 53g
Swt Tater Gems – 17g		

	October 28	October 29	October 30	October 31	November 1
Pizza Line	Wedge or St. Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or St. Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or St. Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or St. Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or St. Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g
World Café Line	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Chicken Quesadilla The Max Chicken Quesadilla – 37g
Entrée Line	Macaroni & Cheese Land O Lake Mac. & Cheese 46g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Tacos Beef Crumbles – 1g Shredded Cheese – 1g Hard Taco Shells – 20g Soft Taco Shells- 12g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Chicken Quesadilla The Max Chicken Quesadilla – 37g
Deli Line	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g
Sandwich of the Day	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
Vegetable	Oven Fries Oreida Evercrisp – 22g	Steamed Corn – 17g	Baked Beans Dawn glow – 21g	Green Beans – 6g	Steamed Carrots – 6g

Sandwich Line also has PBJ (69g) each day

	November 4	November 5	November 6	November 7	November 8
Pizza Line	Wedge or Mexican Pizza Tony's fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony's fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony's fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony's fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony's fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g
World Café Line	Chicken Tenders Tyson – 16g	Breakfast for Lunch French Toast Sticks w/ Yogurt French toast Sticks – 24g Syrup – 43g Yogurt Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g	Breakfast for lunch Mini Pancakes & Sausage Pillsbury min Pancake – 38g Syrup – 43g Turkey Sausage Patty – 0g	Breakfast for lunch Funnel Sticks w/ Yogurt Funnel Sticks – 24g Yogurt Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g	Nachos, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Entrée Line	Chicken Tenders Tyson – 16g	French Toast Sticks w/ Yogurt French toast Sticks – 24g Syrup – 43g Yogurt Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g	Mini Pancakes & Sausage Pillsbury min Pancake – 38g Syrup – 43g Turkey Sausage Patty – 0g	Funnel Sticks w/ Yogurt Funnel Sticks – 24g Yogurt Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g	Nacho, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Deli Line	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g
Sandwich of the Day	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
Vegetable	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Steamed Corn – 17g	Baked Beans Dawn glow – 21g	Hash Brown Potato – 15g	Steamed Peas – 12g

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	November 11	November 12	November 13	November 14	November 15
Pizza Line	Wedge or Fr. Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Fr. Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Fr. Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Fr. Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Fr. Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g
World Café Line	Chicken Nuggets Tyson – 13g	Pasta Week Meat Sauce Beef Crumbles – 1g Marinara Sauce – 12g	Pasta Week Advance Meatballs – 4g Marinara Sauce – 12g	Pasta Week Chicken – 1g	Chicken Quesadilla The Max Chicken Quesadilla – 37g
Entrée Line	Chicken Nuggets Tyson Nuggets – 13g	Cheese Calzone – 33g	Taco Beef Crumbles – 1g Shredded Cheese – 1g Hard Taco Shells – 20g Soft Taco Shells- 12g	Meatball Sub Advance Meatballs – 4g Sub Roll – 29g	Chicken Quesadilla The Max Chicken Quesadilla – 37g
Deli Line	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g

	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g
Sandwich of the Day	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
Vegetable	Oven Fries Oreida Evercrisp – 22g	Steamed Broccoli – 3g	Baked Beans Dawn Glow – 21g	Steamed Carrots -6g	Green Beans - 6g

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	November 18	November 19	November 20	November 21	November 22
Pizza Line	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g
World Café Line	American Week Popcorn Chicken Tyson – 14g	American Week Cheese Stuffed Breadsticks Beacon Street – 28g	American Week Roast turkey – 1g Cranberry Sauce – 25g Stuffing - Bread – 53 g (2 ½ cup) Cream of Celery – 8g Cream of Chicken – 10g	American Week Texas Toast Bakers Craft – 14g American Cheese - 2g	American Week Nachos, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Entrée Line	Popcorn Chicken Tyson – 14g	Cheese Stuffed Breadsticks Beacon Street – 28g	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Texas Toast Bakers Craft – 14g American Cheese - 2g	Nacho, Meat & Cheese Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Deli Line	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g
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Vegetable	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Steamed Peas – 12g	Steamed Corn – 17 g	Tomato Soup Campbell's Tomato Soup – 20g	Baked Beans Dawn Glow – 21g

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

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