

Carb Counts Middle School November

Date	Breakfast			Lunch			Breakfast - Available Daily		Lunch - Available Daily	
	Item	Carb	Meal Totals	Item	Carb	Meal Totals	Item	Carb	Item	Carb
Tue 11/1	Whole Wheat Bagel	44.60	46.60	Breadsticks	25.68	32.68	Milk 1%	16.00	Milk 1%	16.00
	Cream Cheese	2.00		Marinara Sauce	7.00		Milk Chocolate LoFat	21.00	Milk Chocolate LoFat	21.00
				Bean & Cheese Burrito	44.17	44.17	Benefit Bar - Banana Chocolate	48.00	Baby Carrots	6.07
Wed 11/2	Mini Waffles	36.00	36.00	Chicken Patty & Bun	53.80	53.80	Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup	1.68
				Turkey & Cheese Deli Sandwich	33.00	33.00	Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup	7.53
	Fruit & Yogurt Parfaits	50.37		50.37	Grilled Cheese Sandwich	31.58	31.58	Cereal - Honey Scooters	46.00	Corn - 1/2 Cup
Thu 11/3	Banana Bread	50.51	50.51	Spicy Chicken Burger	53.80	53.80	Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup	1.10
				Spicy Chicken Wrap	47.00	47.00	Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup	4.12
				French Toast	40.00		Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup	0.00
				Turkey Sausage Link	0.00	55.68	Raisins	29.00	Sandwich - Soybutter & Jelly	53.00
				Tater Tots	15.68				Yogurt (Yogurt Pack)	28.10
				Veggie Nuggets	13.00	29.80			Cheese (Yogurt Pack)	0.00
				Fries	16.80				Crackers (Yogurt Pack)	40.00
Fri 11/4	Turkey & Cheese BF Sandwich	27.21	27.21	Beef Hamburger	42.68	42.68				
				Chicken Caesar Salad	37.67	37.67				
				Cheese Pizza Wedge	35.00	35.00				
Mon 11/7	Strawberry Go-Gurt	0.00	20.00	Pepperoni Pizza Wedge	42.00	42.00				
				Turkey Nachos	36.48	66.48				
				Vegetarian Nachos	24.29	54.29				
				Tortilla Chips	30.00					
				Veggie Patty	6.00					
Tue 11/8	Whole Wheat Bagel	44.60	46.60	Bun	41.80	64.61				
				Cream Cheese	2.00					
				Turkey Breakfast Burrito	55.51	55.51				
Wed 11/9	Blueberry Muffin	38.00	38.00	Fries	16.80					
				Vegetarian Breakfast Burrito	51.96	51.96	Spicy Chicken Burger	53.80	53.80	
Thu 11/10	Banana Bread	50.51	50.51	Beef Pepperoni Pizza Pocket	31.00	31.00				
				Bean & Cheese Burrito	44.17	44.17				
				Chicken Patty & Bun	53.80	53.80				
				California Chicken Wrap	58.46	58.46				
				Beef Hot Dog	41.00	41.00				
Fri 11/11	NO SCHOOL - VETERAN'S DAY									
Mon 11/14	Strawberry Go-Gurt	0.00	20.00	Grilled Cheese Sandwich	31.58	31.58				
	Maple Graham Crackers	20.00		Bun	41.80	64.61				
	Turkey Breakfast Burrito	55.51		55.51	Fries	16.80				
	Vegetarian Breakfast Burrito	51.96		51.96	Veggie Patty	6.00				
Tue 11/15	Whole Wheat Bagel	44.60	46.60	Spicy Chicken Burger	53.80	53.80				
				Beef Taco Stick	31.87	31.87				
				Bean & Cheese Burrito	44.17	44.17				

