

Carb Counts Middle School February 2023

Date	Breakfast			Lunch			Breakfast - Available Daily		Lunch - Available Daily		
	Item	Carb	Menu Totals	Item	Carb	Menu Totals	Item	Carb	Item	Carb	
Wed 2/1	Blueberry Muffin	38.00	38.00	Teryiaki Chicken	11.02	43.30	Milk 1%	16.00	Milk 1%	16.00	
	Fruit & Yogurt Parfait	50.37	50.37	Fried Rice	32.28	45.28	Milk Chocolate LoFat	21.00	Milk Chocolate LoFat	21.00	
Thu 2/2	Banana Bread	50.51	50.51	Veggie Nuggets	13.00	53.80	Benefit Bar - Banana Chocolate	48.00	Baby Carrots	6.07	
				Fried Rice	32.28	45.28	Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup	1.68	
				Grilled Cheese Sandwich	31.58	31.58	Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup	7.53	
				Spicy Chicken Burger	53.80	53.80	Cereal - Honey Scooters	46.00	Corn - 1/2 Cup	20.74	
Fri 2/3	Mini Pancakes	36.00	36.00	Beef Rotini Pasta	24.12	38.12	Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup	1.10	
				Garlic Bread	14.00		Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup	4.12	
				Veggie Nuggets, Fries & Crackers	49.87	49.87	Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup	0.00	
				Beef Hamburger & Fries	59.48	59.48	Raisins	29.00	Sandwich - Soybutter & Jelly	53.00	
Mon 2/6	Strawberry Go-Gurt	7.67	27.67	Chinese Chicken Salad					Yogurt (Yogurt Pack)	28.10	
				Pepperoni Pizza Wedge	42.00	42.00			Cheese (Yogurt Pack)	0.00	
				Chicken Tamale & Rice	88.80	88.80			Crackers (Yogurt Pack)	40.00	
				Veggie Patty	6.00						
Tue 2/7	Bagels	44.60	46.60	Bun	41.80	64.61					
				Fries	16.80						
				Spicy Chicken Burger	53.80	53.80					
				Cheese Breadsticks	17.12	24.12					
Wed 2/8	Cinnamon Rolls	38.00	38.00	Marinara Sauce	7.00						
				Bean & Cheese Burrito	44.17	44.17					
				Chicken Patty & Bun	53.80	53.80					
				Spicy Chicken Wrap	47.00	47.00					
Thu 2/9	Chocolate Chocolate Chip Muffin	40.00	40.00	Chicken Corn Dog	30.00	30.00					
				Grilled Cheese Sandwich	31.58	31.58					
				Spicy Chicken Burger	53.80	53.80					
				Cheese Ravioli	35.11	65.44					
Fri 2/10	Beef Sausage & Pancake BF Sandwich	15.70	15.70	Marinara Sauce	16.33						
				Garlic Bread	14.00						
				Chicken Alfredo Pasta	53.85	53.85					
				Veggie Nuggets	13.00	29.80					
Mon 2/13	Strawberry Go-Gurt	7.67	27.67	Fries	16.80	59.48					
				Beef Hamburger & Fries	59.48	59.48					
				Chicken Caesar Salad with Chips	52.61	52.61					
				Cheese Pizza Wedge	35.00	35.00					
Tue 2/14	Bagels	44.60	46.60	Pepperoni Pizza Wedge	42.00	42.00					
				Beef Cheeseburger Sliders	31.30	31.30					
				Veggie Patty	6.00						
				Bun	41.80	64.61					
Wed 2/15	Vanilla Waffle	38.00	38.00	Fries	16.80	53.80					
				Spicy Chicken Burger	53.80	53.80					
				Macaroni & Cheese	31.00	31.00					
				Bean & Cheese Burrito	44.17	44.17					
Thu 2/16	Banana Bread	50.51	50.51	Chicken Patty & Bun	53.80	53.80					
				Turkey & Cheese Croissant sandwich							
				Beef BBQ Sandwich	26.21	26.21					
				Grilled Cheese Sandwich	31.58	31.58					
Fri 2/17	Concha	34.00	34.00	Spicy Chicken Burger	53.80	53.80					
				Chicken Nuggets	23.00	39.80					
				Fries	16.80	29.80					
				Veggie Nuggets	13.00	29.80					
Mon 2/20	NO SCHOOL										
	Tue 2/21	Bagels	44.60	46.60	Beef Hot Dog	41.00	41.00				
					Bean & Cheese Burrito	44.17	44.17				
					Chicken Patty & Bun	53.80	53.80				
Beef Taco Stick					31.87	31.87					
Wed 2/22	Mini Waffles	36.00	36.00	Cheese Enchiladas	30.83	30.83					
				Grilled Cheese Sandwich	31.58	31.58					
				Spicy Chicken Burger	53.80	53.80					
				Chicken California Wrap	58.46	58.46					
Thu 2/23	Chocolate Chocolate Chip Muffin	40.00	40.00	French Toast	40.00	55.68					
				Turkey Sausage Link	0.00						
				Tater Tots	15.68						
				Veggie Nuggets	13.00	29.80					
Fri 2/24	Raspberry Breakfast Square	36.00	36.00	Fries	16.80	59.48					
				Beef Hamburger & Fries	59.48	59.48					
				Chicken Caesar Salad with Chips	52.61	52.61					
				Cheese Pizza Wedge	35.00	35.00					
Mon 2/27	Strawberry Go-Gurt	7.67	27.67	Pepperoni Pizza Wedge	42.00	42.00					
				Turkey Nachos	36.48	66.48					
				Tortilla Chips	30.00						
				Vegetarian Nachos		30.00					
Tue 2/28	Bagels	44.60	46.60	Tortilla Chips	30.00	64.61					
				Veggie Patty	6.00						
				Bun	41.80	64.61					
				Fries	16.80	53.80					

	Cream Cheese	4.00	Spicy Chicken Wrap	47.00	47.00					
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