

Carb Counts Middle School April 2023

Date	Breakfast			Lunch		
	Item	Carb	Menu Totals	Item	Carb	Menu Totals
Tue 4/4	Bagels	44.60	46.60	Cheese Breadsticks	17.12	24.12
				Marinara Sauce	7.00	
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
				Spicy Chicken Wrap	47.00	47.00
Wed 4/5	Cinnamon Rolls	38.00	38.00	Chicken Corn Dog	30.00	30.00
	Fruit & Yogurt Parfait	50.37	50.37	Grilled Cheese Sandwich	31.58	31.58
				Chicken Caesar Salad with Chips	52.61	52.61
Thu 4/6	Chocolate Chocolate Chip Muffin	40.00	40.00	BBQ Chicken Meatballs, Potatoes, & Biscuit	53.62	53.62
				Veggie Nuggets	13.00	29.80
				Fries	16.80	
				Chicken Caesar Salad with Chips	52.61	52.61
Fri 4/7	Concha	34.00	34.00	Cheese Pizza Wedge	35.00	35.00
				Pepperoni Pizza Wedge	42.00	42.00
				Baked Potato with Cheese and Chips	87.00	87.00
Mon 4/10	Strawberry Go-Gurt	7.67	27.67	Cheeseburger Twin Pack	40.00	40.00
	Maple Graham Crackers	20.00		Veggie Patty	6.00	64.61
	Turkey Breakfast Burrito	55.51	55.51	Bun	41.80	
				Fries	16.80	
	Vegetarian Breakfast Burrito	51.96	51.96	Turkey & Cheese Croissant Sandwich	29.00	29.00
Tue 4/11	Bagels	44.60	46.60	Macaroni & Cheese	31.00	31.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
				Turkey Banh Mi Sandwich	48.48	48.48
Wed 4/12	Vanilla Waffle	38.00	38.00	Beef BBQ Sandwich	26.21	26.21
	Fruit & Yogurt Parfait	50.37	50.37	Grilled Cheese Sandwich	31.58	31.58
				Chicken Caesar Salad with Chips	52.61	52.61
				Chicken Nuggets	23.00	39.80
				Fries	16.80	

Thu 4/13	Banana Bread	50.51	50.51	Veggie Nuggets	13.00	29.80
				Fries	16.80	
				Chicken Caesar Salad with Chips	52.61	
Fri 4/14	Beef Sausage & Pancake BF Sandwich	15.70	15.70	Cheese Pizza Wedge	35.00	35.00
				Pepperoni Pizza Wedge	42.00	42.00
				"Infamous Bowl" [1]	49.65	49.65
Mon 4/17	Strawberry Go-Gurt	7.67	27.67	Cheese Enchiladas	30.83	30.83
	Maple Graham Crackers	20.00		Veggie Patty	6.00	
	Turkey Breakfast Burrito	55.51	55.51	Bun	41.80	64.61
				Fries	16.80	
Vegetarian Breakfast Burrito	51.96	51.96	Turkey & Cheese Croissant Sandwich	29.00	29.00	
Tue 4/18	Bagels	44.60	46.60	Beef Hot Dog	41.00	41.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
				Spicy Chicken Wrap	47.00	47.00
Wed 4/19	Mini Waffles	36.00	36.00	Chicken Dumplings	21.00	53.28
				Fried Rice	32.28	
	Fruit & Yogurt Parfait	50.37	50.37	Grilled Cheese Sandwich	31.58	31.58
				Chicken Caesar Salad with Chips	52.61	52.61
Thu 4/20	Chocolate Chocolate Chip Muffin	40.00	40.00	Chicken Nuggets	23.00	39.80
				Fries	16.80	
				Veggie Nuggets	13.00	29.80
				Fries	16.80	
				Chicken Caesar Salad with Chips	52.61	
Fri 4/21	Raspberry Breakfast Square	36.00	36.00	Cheese Pizza Wedge	35.00	35.00
				Pepperoni Pizza Wedge	42.00	42.00
				Baked Potato with Cheese and Chips	87.00	87.00
Mon 4/24	Strawberry Go-Gurt	7.67	27.67	Turkey Nachos	36.48	66.48
				Tortilla Chips	30.00	
	Maple Graham Crackers	20.00		Vegetarian Nachos	28.79	58.79
				Tortilla Chips	30.00	
	Turkey Breakfast Burrito	55.51		55.51	Veggie Patty	6.00

	Turkey Breakfast Burrito	55.51	55.51	Bun	41.80	64.61
	Vegetarian Breakfast Burrito	51.96	51.96	Fries	16.80	
				Spicy Chicken Burger	53.80	53.80
Tue 4/25	Bagels	44.60	46.60	Beef Pepperoni Pizza Pocket	31.00	31.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
				Chicken Patty & Bun	53.80	53.80
				Spicy Chicken Wrap	47.00	47.00
Wed 4/26	Blueberry Muffin	38.00	38.00	Teryiaki Chicken	11.02	43.30
				Fried Rice	32.28	
				Veggie Nuggets	13.00	
	Fruit & Yogurt Parfait	50.37	50.37	Fried Rice	32.28	
				Grilled Cheese Sandwich	31.58	31.58
				Chicken Caesar Salad with Chips	52.61	52.61
Thu 4/27	Banana Bread	50.51	50.51	Beef Rotini Pasta	24.12	38.12
				Garlic Bread	14.00	
				Veggie Nuggets, Fries & Crackers	49.87	49.87
				Beef Hamburger & Fries	59.48	59.48
				Chicken Caesar Salad with Chips	52.61	52.61
Fri 4/28	Mini Pancakes	36.00	36.00	Cheese Pizza Wedge	35.00	35.00
				Pepperoni Pizza Wedge	42.00	42.00
				Fish Tacos (2) w/ Cajun Slaw		

[1] Mashed Potatoes, Gravy, Breaded Chicken Chunks, and Cheese