

Carb Counts Middle School May - June 2023

| Date | Breakfast | | | Lunch | | |
|---------|---------------------------------|-------|-------------|--|-------|-------------|
| | Item | Carb | Menu Totals | Item | Carb | Menu Totals |
| Mon 5/1 | Strawberry Go-Gurt | 7.67 | 27.67 | Chicken Tamale & Rice | 88.80 | 88.80 |
| | Maple Graham Crackers | 20.00 | | Veggie Patty | 6.00 | 64.61 |
| | Turkey Breakfast Burrito | 55.51 | 55.51 | Bun | 41.80 | |
| | Vegetarian Breakfast Burrito | 53.92 | 53.92 | Fries | 16.80 | |
| | | | | Turkey & Cheese Croissant Sandwich | 33.20 | 33.20 |
| Tue 5/2 | Bagels | 44.60 | 46.60 | Cheese Breadsticks | 50.72 | 57.72 |
| | | | | Marinara Sauce | 7.00 | |
| | Cream Cheese | 2.00 | | Bean & Cheese Burrito | 44.17 | 44.17 |
| | | | | Spicy Chicken Wrap | 52.13 | 47.00 |
| Wed 5/3 | Mini Cinnamon Rolls | 40.00 | 40.00 | Chicken Corn Dog | 30.00 | 30.00 |
| | | | | Grilled Cheese Sandwich | 31.58 | 31.58 |
| | Fruit & Yogurt Parfait | 50.37 | 50.37 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| Thu 5/4 | French Toast Sticks - 3pc | 40.00 | 40.00 | BBQ Chicken Meatballs, Potatoes, & Biscuit | 42.61 | 53.62 |
| | | | | Veggie Nuggets | 19.00 | 65.80 |
| | | | | Fries | 16.80 | |
| | | | | Wheat Crackers | 30.00 | |
| | | | | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| Fri 5/5 | Chocolate Chocolate Chip Muffin | 40.00 | 40.00 | Cheese Pizza Wedge | 35.00 | 35.00 |
| | | | | Pepperoni Pizza Wedge | 42.00 | 42.00 |
| | | | | Hummus Pack | 52.13 | 52.13 |
| Mon 5/8 | 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 | |
| | Vegetarian Breakfast Burrito | 53.92 | 53.92 | Fries | 16.80 | |
| | | | | Turkey & Cheese Croissant Sandwich | 33.20 | 33.20 |
| Tue 5/9 | Bagels | 44.60 | 46.60 | Beef Pepperoni Pizza Pocket | 31.00 | 31.00 |
| | Cream Cheese | 2.00 | | Bean & Cheese Burrito | 44.17 | 44.17 |

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|--------------------|----------------------------|-------|-------|------------------------------------|-------|-------|-------------------|-------|-------|
| | Cream Cheese | 2.00 | | Beef Banh Mi Sandwich | 48.48 | 48.48 | | | |
| Wed 5/10 | Blueberry Muffin | 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 | | | |
| Thu 5/11 | Banana Bread | 50.51 | 50.51 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 | | | |
| | | | | Macaroni & Cheese | 31.00 | 31.00 | | | |
| | | | | Veggie Nuggets | 19.00 | 65.80 | | | |
| | | | | Fries | 16.80 | | | | |
| Wheat Crackers | 30.00 | | | | | | | | |
| Fri 5/12 | Concha | 34.00 | 34.00 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 | | | |
| | | | | Cheese Pizza Wedge | 35.00 | 35.00 | | | |
| | | | | Pepperoni Pizza Wedge | 42.00 | 42.00 | | | |
| Mon 5/15 | Strawberry Go-Gurt | 7.67 | 27.67 | Chicken Fajitas & Corn Tortillas | 66.67 | 66.67 | | | |
| | | | | Maple Graham Crackers | 20.00 | | | | |
| | | | | Turkey Breakfast Burrito | 55.51 | 55.51 | Cheese Enchiladas | 30.83 | 30.83 |
| | | | | Fries | 16.80 | | | | |
| | | | | Veggie Patty | 6.00 | | | | |
| Tue 5/16 | Bagels | 44.60 | 46.60 | Bun | 41.80 | 64.61 | | | |
| | | | | Cream Cheese | 2.00 | | | | |
| | | | | Spicy Chicken Wrap | 47.00 | 47.00 | | | |
| | | | | Turkey & Cheese Croissant Sandwich | 33.20 | 33.20 | | | |
| Wed 5/17 | Mini Waffles | 36.00 | 36.00 | Turkey Hot Dog | 28.00 | 28.00 | | | |
| | | | | Chicken Dumplings with Fried Rice | 67.87 | 67.87 | | | |
| | | | | Grilled Cheese Sandwich | 31.58 | 31.58 | | | |
| Thu 5/18 | Raspberry Breakfast Square | 36.00 | 36.00 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 | | | |
| | | | | Chicken Nuggets with Fries | 52.35 | 52.35 | | | |
| | | | | Veggie Nuggets | 19.00 | 65.80 | | | |
| | | | | Fries | 16.80 | | | | |
| | | | | Wheat Crackers | 30.00 | | | | |
| Cheese Pizza Wedge | 35.00 | 35.00 | | | | | | | |

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| Fri 5/19 | Chocolate Chocolate Chip Muffin | 40.00 | 40.00 | Pepperoni Pizza Wedge | 42.00 | 42.00 |
| | | | | Fish Po'Boy Sandwich | 58.00 | 58.00 |
| Mon 5/22 | Strawberry Go-Gurt | 7.67 | 27.67 | Turkey Nachos | 36.48 | 66.48 |
| | | | | Tortilla Chips | 30.00 | |
| | Maple Graham Crackers | 20.00 | 55.51 | Vegetarian Nachos | 28.79 | 58.79 |
| | | | | Tortilla Chips | 30.00 | |
| | Turkey Breakfast Burrito | 55.51 | 53.92 | Veggie Patty | 6.00 | 64.61 |
| | | | | Bun | 41.80 | |
| Vegetarian Breakfast Burrito | 53.92 | 46.60 | Fries | 16.80 | | |
| | | | Turkey & Cheese Croissant Sandwich | 33.20 | 33.20 | |
| Tue 5/23 | Bagels | 44.60 | 46.60 | Beef Pepperoni Pizza Pocket | 31.00 | 31.00 |
| | | | | Cream Cheese | 2.00 | |
| | Bean & Cheese Burrito | 44.17 | | 44.17 | | |
| Wed 5/24 | Egg & Cheese Breakfast Sandwich | 25.00 | 25.00 | California Chicken Wrap | 69.14 | 69.14 |
| | | | | Teryiaki Chicken with Fried Rice | 65.02 | 65.02 |
| | | | | Teriyaki Veggie Nuggets with Fried Rice | 78.02 | 78.02 |
| | | | | Grilled Cheese Sandwich | 31.58 | 31.58 |
| Thu 5/25 | Banana Bread | 50.51 | 50.51 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| | | | | Beef Rotini Pasta | 24.12 | 38.12 |
| | | | | Garlic Bread | 14.00 | |
| | | | | Veggie Nuggets | 19.00 | |
| | | | | Fries | 16.80 | 65.80 |
| | | | | Wheat Crackers | 30.00 | |
| | | | | Beef Hamburger & Fries | 59.48 | 59.48 |
| Fri 5/26 | Mini Pancakes | 36.00 | 36.00 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| | | | | Cheese Pizza Wedge | 35.00 | 35.00 |
| | | | | Pepperoni Pizza Wedge | 42.00 | 42.00 |
| Tue 5/30 | Bagels | 44.60 | 46.60 | Pork Philly Cheese Sandwich | 36.00 | 36.00 |
| | | | | Cheese Breadsticks | 50.72 | 57.72 |
| | | | | Marinara Sauce | 7.00 | |

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|-----------------|---------------------------------|-------|-------|--|-----------------------|-------|
| Tue 5/30 | Cream Cheese | 2.00 | 40.00 | Bean & Cheese Burrito | 44.17 | 44.17 |
| | | | | Spicy Chicken Wrap | 47.00 | 47.00 |
| Wed 5/31 | Mini Cinnamon Rolls | 40.00 | 40.00 | Chicken Corn Dog | 30.00 | 30.00 |
| | | | | Grilled Cheese Sandwich | 31.58 | 31.58 |
| | Fruit & Yogurt Parfait | 50.37 | 50.37 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| Thu 6/1 | French Toast Sticks | 40.00 | 40.00 | BBQ Chicken Meatballs, Potatoes, & Biscuit | 53.62 | 53.62 |
| | | | | Veggie Nuggets | 19.00 | 65.80 |
| | | | | Fries | 16.80 | |
| | | | | Wheat Crackers | 30.00 | |
| | | | | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |
| Fri 6/2 | Chocolate Chocolate Chip Muffin | 40.00 | 40.00 | Cheese Pizza Wedge | 35.00 | 35.00 |
| | | | | Pepperoni Pizza Wedge | 42.00 | 42.00 |
| | | | | Hummus Pack | 52.13 | 52.13 |
| Mon 6/5 | 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 | 53.92 | 53.92 | Turkey & Cheese Croissant Sandwich | 33.20 | 33.20 |
| Tue 6/6 | Bagels | 44.60 | 46.60 | Beef Pepperoni Pizza Pocket | 31.00 | 31.00 |
| | | | | | Bean & Cheese Burrito | 44.17 |
| | Cream Cheese | 2.00 | | Beef Banh Mi Sandwich | 48.48 | 48.48 |
| Wed 6/7 | Blueberry Muffin | 38.00 | 38.00 | Beef BBQ Sandwich | 26.21 | 26.21 |
| | | | | Grilled Cheese Sandwich | 31.58 | 31.58 |
| | Fruit & Yogurt Parfait | 50.37 | 50.37 | Chicken Caesar Salad with Crackers | 36.79 | 36.79 |

