Carb Counts-Middle School 22-23

Week 1 Lunch

Monday	Carbs	**Tuesday**	Carbs	**Wednesday**	Carbs	**Thursday**	Carbs	**Friday**	Carbs
Calzone	32g	Baked Spaghetti	52g	Chicken Tenders	16g	Reg or Spicy Chix Sandwic	38g	Cheese Pizza	27g
Bacon Cheeseburger	24g	Garlic Bread	11g	BBQ Pulled Pork	42g	Sidewinders	14g	Pepperoni Pizza	27g
Baked Fries	17g	Bosco Sticks	17g each	Onion Rings	28g	Baked Beans	30g	Fish Sandwich	44.27g
Chipotle Turkey Wrap	35.91g	Green Beans	6g	Chicken Caesar Salad	6.25g	Meatless Salad	8g	Mixed Veggies	5g
Chef Salad	7.54g	Buffalo Chicken Salad	23.75g	Veggie Wrap	45g	Ham & Cheese Deluxe	31g	Southwest Chicken Salad	24.79g
Roll	14.55g	Italian Sub	30.18g	Mashed Potatoes	15g			Club Wrap	34.08g
Marinara	5g	Roll	14.55g						
Week 2 Lunch									
Monday	**Carbs**	**Tuesday**	**Carbs**	**Wednesday**	**Carbs**	**Thursday**	**Carbs**	**Friday**	**Carbs**
Beef Hot Dog	27.35g	Baked Chicken Leg	6g	Sriracha Boneless Wings	14g	Asian Chicken	25g	Deep Dish Pizza	
Grilled Chicken Melt	29g	Meatball Sub	37g	Mini Corn Dogs	30g	Rice	45g	Cheese	31g
Smile Potatoes	20g	Mashed Potatoes	15g	Broccoli	4g	Buffalo Chicken Sandwich	28g	Pepperoni	31g
		Gravy	6g	Cheese	6g	Corn Bread	26g	Burrito	40g
Week 3 Lunch									
Monday	**Carbs**	**Tuesday**	**Carbs**	**Wednesday**	**Carbs**	**Thursday**	**Carbs**	**Friday**	**Carbs**
Taco Stick	32g	Breakfast for Lunch		Build Your Own Sub	50g	Nacho Supreme		French Bread Pizza	33g
Mozzarella Sticks	32g	French Toast	26g	Chicken Smackers	17g	Beef	5g	Hot Ham and Cheese	31g
Seasoned Fries	15g	Chicken Sausage	1g each	Breadstick	13g	Chips	29g		
Marinara Cup	5g	Tater Tots	16g	Corn	25g	Cheese	6g		
		Ham/Cheese Pocket	31g			Beans	30g		
						Jalepeno Bread Bites	28g		

Harvest Bar		**Harvest Bar**		**Harvest Bar**		**Harvest Bar**		**Harvest Bar**	
Monday	**Carbs**	**Tuesday**	**Carbs**	**Wednesday**	**Carbs**	**Thursday**	**Carbs**	**Friday**	**Carbs**
Fresh Greens	2g	Fresh Greens	2g	Fresh Greens	2g	Fresh Greens	2g	Fresh Greens	2g
Sliced Tomatoes	1.75g	Celery Sticks	3g	Sliced Tomatoes	1.75g	Diced Tomatoes	1.75g	Fresh Veggies	
Pickle Slices	0	Sliced Cucumbers	1g	Baby Carrots	6g	Salsa	3g	Applesauce Cup	17g
Sliced Peaches	14g	Orange Wedges	21g	Broccoli Buds	3g	Cucumbers	1g		
Roll	14.55g	Roll	14.55g	Sliced Pears	17g	Pineapple	18g		
				Roll	14.55g	Roll	14.55g	Roll	14.55g
PBJ Pack	47g								
Yogurt Pack	36g								

Breakfast									
Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Dutch Waffle	20g	Breakfast Pizza	31g	Mini Donut Pack		Sausage Cheese Biscuit		Mini Cinnis	40g
Egg Cheese Bagel	23g	Banana Bread	45g	Powdered	41g	Pork Sausage	1g	Donut	29g
Cereal		Cereal		Chocolate	41g	Cheese	1g	Cereal	
				Breakfast Bar	41g	Biscuit	22g		
				Cereal		Cinn Toast Crunch Bar	30g		
Cereal Packs	**Carbs**					Cereal			
Coco Krispies	15g								
Froot Loops	24g								
Apple Jacks	58g								