High School Carb Counts
2022-2023

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Tangerine Chix or	25g	Beef Stroganoff	48g	Chicken Tenders	16g	Nachos w/meat & cheese	41g	Reg or Spicy Chix Sandwich	43g
Terriyaki Chix	7g	Breadstick	26g	Waffle	37g	Beans	30g	Mozzarella Sticks	32g
Rice	37g	Steak Burger	26g	Tater Tots	16g	Monto Cristo	53g	Onion Rings	28g
Pulled Pork Quesadilla	32g	Chicken Smackers	17g	Mac and Cheese	31g	Cheese Pizza	37g	Brunch for Lunch	
Sriracha Wings	20g	Mashed Potatoes	20g	Corn Bread	26g	Calzone	32g	French Toast	26g
Fries	17g	Gravy	6g	Broccoli	5g	Buffalo Chicken Wrap	50g	Sausage	1g
Green Beans	6g	Biscuit	22g	Pizza Turnover	33g	Marinara Sauce	5g	Cubed Potatoes	17g
Breadstick	28g	Corn	21g	**Harvest Bar**		Salsa	3g	Chef's Choice Pizza	37-40g
Harvest Bar		Pepperoni Pizza	37g	Fresh Greens	2g	**Harvest Bar**		**Harvest Bar**	
Fresh Greens	2g	**Harvest Bar**		Celery Sticks	3g	Fresh Greens	2g	Fresh Greens	2g
Carrot Sticks	12g	Fresh Greens	2g	Ranch Cup	1g	Diced Tomatoes	7g	Sliced Peaches	16g
Sliced Apples	7g	Grapes	28g	Orange Wedges	21g	Salsa	3g	Broccoli Salad	5g
Sliced Pears	19g	Pickles		Fresh Fruit		Jalapenos	1g	**Sandwich/Salad**	
Cole Slaw	14g	Sliced Tomatoes	7g	Pasta Salad	23g	Pineapple	20g	Ham & Cheese Wrap	32g
Sandwich/Salad		Smashed Potato Salad	15g	**Sandwich/Salad**		**Sandwich/Salad**		Chipotle Turkey Wrap	35.25g
All American Sub	36g	**Sandwich/Salad**		Cali Avocado sandwich	55g	Italian Sub	30g	Chicken Caesar Salad	17g
Meatless Chef	8g	Chicken BLT	Recipe	Meatless Chef	8g	Veggie Wrap	45g	Meatless Chef	8g
Grilled Chicken Salad	6g	Veggie Wrap	45g	Cobb Salad	41.5g	Buffalo Chicken Salad	23.75g	Breadstick	28g
Breadstick	28g	Chef Salad	8g	Breadstick	28g	Breadstick	28g	**Breakfast**	
Breakfast		Breadstick	28g	**Breadfast**		**Breakfast**		Fresh Baked UBR	42g
Powdered Donuts	41g	**Tuesday**		Mini Cinnis	40g	Sausage Cheese Biscuit	24g	Sausage/Egg Bagel	23g
Chocolate Donuts	41g	Breakfast Pizza	27g	Banana Bread	45g	Cereal Kit			
Cereal Kit		Cereal Kit		Cereal Kit					
Cereal Packs									
Coco Puffs	15g								
Froot Loops	24g								
Apple Jacks	58g								
Cinn. Toast Crunch	55g								
Frosted Flakes	24g								