



Carb Count- Phases/Learning Options Menu (March 16, 2026 - May 1, 2026)

Week 1 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Grilled Cheese Sandwich	34.08	786360	1
Chicken Noodle Soup	6	561921	1/2 cup
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Taco Wedges	30	107201	3
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Breakfast Sandwich			
Croissant	26	120861	1
Egg Patties	1	208990	1
Sausage Patty	1	138941	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Rotini with Meat Sauce	27	728590	#6 sc
Whole Grain Roll	12	266548	1
Friday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Jet's Pizza - Cheese	42	JETS	1
Jet's Pizza - Pepperoni	42	JETS	1

Week 2 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Chicken Wings - Boneless	15	561301	5 each
BBQ Sauce	20	435170	2 tlbs
Cornbread	28	159791	1
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Nachos/Tacos - Taco Meet	5	722330	3.17
Tortilla Chips	40	163020	2 oz
Cheese Sauce	6	323616	1/4 cup
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Hot Ham & Cheese on a Pretzel Bun			
Turkey Ham	2	656891	6 slices
American Cheese	1	722360	1 slice
Pretzel Bun	45	141670	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Philly Cheese Steak Sandwich			
Philly Steak Meat	7	463348	3 oz
Mozzarella Cheese	1	645170	1/4 cup
5-Inch Sub Bun	28	276142	1 ea
Friday - No School			
Daily Special			
2nd Choice			

Week 3 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Chicken Tender Wrap			
Chicken Tenders	16.5	740820	3
Tortilla Wrap	33	713340	1
Cheese	1/0	499786/199720	2 oz
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Chicken Cheese Crispito	40	539635	2
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Dragon Stomp - Popcorn Chicken	14	327120	11
Mashed Potatoes	40	222585	1/2 cup
Corn	10.5	285620	1/4 cup
Corn	8	120490	1/4 cup
Gravy	4	516309	2 oz
Whole Grain Roll	12	266548	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Fettucine Alfredo	31	491074	#6 sc
Whole Grain Roll	12	266548	1
Friday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Cheese Pizza 4" Rnd	26	504610	1
Pepperoni Pizza 4" Rnd	22	504622	1

Week 4 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Chicken Patty	15	558061	1
Hamburger Bun	19	266545	1
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Chicken Quesadilla	31	606783	2
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Breakfast Sandwich			
Croissant	26	120861	1
Egg Patties	1	208990	1
Sausage Patty	1	138941	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Mac & Cheese	31	119122	#6 sc
Whole Grain Roll	12	266548	1
Friday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
French Bread Pizza - Pepperoni	32	154420	1
French Bread Pizza - Cheese	32	154371	1

Week 5 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Grilled Cheese Sandwich	34.08	786360	1
Chicken Noodle Soup	6	561921	1/2 cup
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Taco Meat	5	722330	3.17
Shredded Cheese	1	150250	1 oz
Soft Taco Shell	30	713320	2
Chips	16	105040	1 pkg
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Hot Ham & Cheese on a Pretzel Bun			
Turkey Ham	2	656891	6 slices
American Cheese	1	722360	1 slice
Pretzel Bun	45	141670	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Rotini with Meat Sauce	27	728590	#6 sc
Whole Grain Roll	12	266548	1
Friday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Calzone - Italian Beef Pepperoni	36	135191	1

Week 6 - LUNCH	Carb Count	Recipe# or Prod. Code	Serving Portion Size
Monday			
1st Choice			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Chicken Wings - Boneless	15	561301	5 each
BBQ Sauce	20	435170	2 tlbs
Cornbread	28	159791	1
Tuesday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Taco Wedges	30	107201	3
Wednesday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Dragon Stomp - Popcorn Chicken	14	327120	11
Mashed Potatoes	40	222585	1/2 cup
Corn	10.5	285620	1/4 cup
Corn	8	120490	1/4 cup
Gravy	4	516309	2 oz
Whole Grain Roll	12	266548	1
Thursday			
Daily Special			
Pizza, Cheese 16" WG Big Daddy	43	236591	1
Pizza, Pepperoni 16" WG Big Daddy	43	503962	1
Bosco Sticks	34	235411	2
2nd Choice			
Philly Cheese Steak Sandwich			
Philly Steak Meat	7	463348	3 oz
Mozzarella Cheese	1	645170	1/4 cup
5-Inch Sub Bun	28	276142	1 ea
Friday			
Daily Special			
Chicken Nuggets	19	536620	
Whole Grain Roll	12	266548	1
Chicken Tenders		533830	
Hamburger Patty / American Cheese	/1	105880 / 499786	1/1
Hamburger Buns	19	266545	1
2nd Choice			
Jet's Pizza - Cheese	42	JETS	1
Jet's Pizza - Pepperoni	42	JETS	1

