Middle School - November 2026	
Menu Item	**Carb Counts**
Lunch Items	
Meatball Sub	47 g
Turkey and Turkey Ham Chef Salad	7 g
General TSO Chicken w/Brown Rice	42 g
Sweet Thai Chili Chicken w/Brown Rice	45 g
Turkey Ham and Cheese Sandwich	34 g
Cheese Calzone	46 g
Turkey Ham and Provolone Wrap	42 g
Salisbury Steak w/Brown Gravy	29 g
Popcorn Chicken Mashed Potato Bowl	32 g
Mini Corn Dog Nuggets	35 g
Hawaiian Pizza	31 g
Tuna Salad Wrap	29 g
Pork Carnitas Wrap	44 g
Cheesy Penne Pasta	38 g
Homestyle Baked Ziti - FCS Winning Recipe	54 g
Stuffed Shells	27 g
Cheese Lasagna	29 g
Home-made Chili (FCS Wining Recipe)	47 g
Popcorn Parmesan Chicken Flatbread	22 g
Broccoli and Cheese Stromboli	21 g
Chicken Cobb Salad	9 g
Meat Lover's Stromboli	32 g
Spicy Chicken Sandwich	30.2 g
Grilled Chicken and Bacon Panini	48.4 g
Turkey and Swiss Sandwich	33.5 g
Turkey Ham and Cheese on Kaiser	32 g
Boneless Chicken Wings (5)	17 g
Fish Sandwich	41 g
Cheeseburger Roll-up	32 g
Beef Taco Pizza	45 g
Chicken Bruschetta Pizza	42 g
Pepperoni Bread	26 g
Teriyaki Chicken	45 g
Southwest Chicken Pizza	46 g
Turkey and Cheese Panini	18.5 g
Cheese and Veggie Salad	28 g
Chicken Pasta Alfredo	46 g
Grilled Chicken Panini	38 g
Grilled Chicken with Bacon and Cheese Sandwich	34 g
Pepperoni Stromboli w/Sauce	36 g
Turkey and Cheese Sub	39 g
Ham and Cheese Sub	36 g
Buffalo Chicken Pizza	42 g

BBQ Pork Sandwich	36 g
Meat Lovers Pizza	40 g
Chicken Alfredo and Broccoli Pizza	46 g
Chicken Nugget and Mac and Cheese Bowl	44 g
Mini Corn Dog Nuggets	35 g
Steak Twister Wrap	45 g
Chicken and Spinach Calzone	58 g
Wild Mike's Cheese Bites (6)	28 g
Chicken and Cheese Salad	21.5 g
Grilled Chicken on Pretzel Roll	44.8 g
Turkey and Cheese on a Pretzel Roll	33 g
Chicken Ranch Wrap	43 g
Buffalo Chicken Wrap	42 g
Turkey Ranch Wrap	38 g
Turkey and Cheese on Croissant	39 g
Turkey Reuben	32 g
Steak Fajita Wrap	42 g
Hawaiian Chicken Wrap	41.5 g
Triple Toasted Cheese Sandwich	38 g
Sausage Pizza	42 g
Pepperoni Pizza	42 g
Turkey Dinner	72 g
Chicken Burrito	48 g
Beef Burrito	49 g
Buffalo Chicken Flat Bread	25 g
Italian Sub	46 g
Spinach Ricotta Pizza	46 g
Turkey Ham and Turkey Cobb Salad	12.4 g
Spaghetti or Pasta and Meatballs	45 g
Pasta w/Alfredo Sauce	44 g
Pasta w/Meat Sauce	42 g
Mexcicali Casserole	31g
Chicken Ranch Club Flatbread	24.6 g
Fish Sticks (1)	15 g
Fish Taco (1)	19 g
Macaroni and Cheese (1/2 cp)Chicken Nugget (5) Bowl	44 g
Chicken Parmesan	48 g
Meatball Pizza	42 g
Stuffed Crust Pizza	34 g
Turkey Chef Salad	9 g
Chicken Bruschetta Salad	20 g
Pasta w/Meat Sauce	49.6 g
Toasted Ham and Cheese Panini	33.3 g
Toasted Ham and Cheese on a Pretzel Bun	38 g
Chicken Caesar Salad	19 g
Turkey and Cheese Sub	28.5
Popcorn Chicken Salad	17 g

Sweet and Sour Chicken	39.6 g
Pizza Burger	52 g
BBQ Chicken Sandwich	34 g
BBQ Tender Wrap	38 g
Breaded Chicken Sandwich	37.5 g
Breaded Chicken Filet (w/out bun)	19 g
Cheese Pizza	40 g
Veggie Pizza	41g
Chicken Alfredo Pizza	32 g
Personal Cheese Pizza	37 g
French Bread Pizza	47 g
Cheeseburger w/Bun	30 g
Double Cheeseburger w/Bun	32 g
Hamburger w/Bun	29 g
Philly Cheesesteak Sandwich 6"	49 g
Breakfast for Lunch - Waffles (2) w/Syrup and Bacon	54 g
Breakfast for Lunch - French Toast Sticks (4) w/Syrup w/Bacon	65.6 g
Triple Play - 5 Boneless Wings, 4 Pretzel nuggets, 1/2 cp. Fries	68 g
Chicken Taco Meat	3 g
Beef Taco Meat	3 g
Soft Shell Tortilla for Taco	34 g
Hard Shell for Taco	21 g
Beef Walking Taco	44 g
Uncrustable PB&J Sandwich (5 oz.)	57 g
Uncrustable PB&J Sandwich (2.3 oz.)	26 g
Beef Nacho Supreme w/Brown Rice/ "Nacho Bowl"	52 g
Nachos Supreme	30 g
Chicken Tenders (2 ea.) large	18 g
Chicken Nuggets (5 ea.)	14 g
FCS Wining Chicken Nuggets (5) w/Honey Mustard	16 g
Spicy "Nashville" Chicken Mini Nuggets (7-8 ea.)	11 g
Warrior Chicken Sandwich	39 g
Carolina Chicken Sandwich	37 g
Warrior Burger	38 g
Toasted Cheese Sandwich and Tomato Soup	50 g
Beef Hot Dog on Bun	28 g
Toasted Ham and Cheese Sandwich w/Chicken Soup	42 g
Fish and Fry (Breaded Fish Sticks - 3 ea.) 1/2 cup KK Fries	59 g
Tuna Melt on Ciabatta Roll	45 g
Chili (1 cup - 13) w/Corn Bread (2 oz. - 30)	43 g
Chicken Pot Pie (1 cup) w/Bowtie Pasta (1/2 cup)	52 g
Chicken Gyro	42 g
Beef Gyro	43 g
Italian Dunkers w/Marinara Sauce	44 g
Pizza Crunchers w/Marinara Sauce	51 g

Cheesy Breadsticks (2)	32 g
Macaroni and Cheese (Whole Grain) 1 1/3 cp	40 g
Wild Mike's Cheese Bites (4)	28 g
Roast Turkey (4 oz.) w/(Gravy 2 oz.)	5 g
Beef and Cheese Empanadas (3 oz.)	20 g
Chicken and Cheese Empanada (3 oz.)	21 g
Cheesy Corn and Buffalo Chicken Bake	31 g
Chicken and Waffles	63 g
Loaded Chili Dog	31 g
Loaded Italian Sausage (Peppers, Onions, Marinara)	46 g
Grilled Ham and Cheese - Language Week	34 g
French Tomato and Basil Soup - Language Week	18 g
Nacho Grande- Language Week	43 g
Bratwurst on Roll w/Sauerkraut - Language Week	34 g
Spaghetti w/Garlic Bread- Language Week	38 g
Greek Gyro- Language Week	43 g
Sides - all Vegetables and Fruit are 1/2 cp Servings	
Scalloped "Au Gratin" Potatoes (1/2 cp.)	24 g
Brown Rice (1/2 cp.) (1/4 cp.)	22.5 g/11.25 g
Fried Rice (1/2 cup)	21.5 g
Baked Vegetable Egg Roll	24.7 g
Hash Brown Patty - 1 ea.	14 g
Tater Tots (2.5 oz.)	14 g
Waffle Fries	35 g
Oven Baked Fries	10 g
Oven Baked Ranch Fries	12 g
Mashed Potatoes	16 g
Cheesy Mashed Potatoes	19 g
Marinated Tomato Cucumber Salad	5 g
Steamed Fresh Veggies (1/2 cp)	3 g
Spinach and Romaine Salad	2 g
Spring Mix Salad	2 g
Tossed Side Salad	3 g
Green Salad w/Cheese	6 g
Sweet Potato Fries/Tots	34 g
Refried Beans w/Cheddar Cheese	35 g
Apple and Cranberry Crisp	26 g
Pear and Cranberry Crisp	24 g
Assorted Frozen Steamed Vegetables (1/2 cp)	6 g
Sweet Potato Fries/Tots	34 g
Carrot and Celery Sticks	9 g
Celery Sticks	2 g
Fresh Baby Carrots/Steamed Carrots	7 g
Sliced Cucumber Coins	2 g
Fresh Broccoli Florets	2 g
Fresh Cauliflower Florets	2 g

Steamed Broccoli	2 g
Steamed Green Beans	3 g
Sliced Red and Green Bell Pepper Strips	2 g
Smile Potatoes	20 g
Steamed Peas	12 g
Steamed Corn	16 g
Healthy Green Salad	2 g
Spinach Cranberry Salad	5 g
BBQ Baked Beans	37 g
Fresh Whole Fruit	24 g
100% Fruit Juice	15 g
Assorted Chilled Fruit	15 g
Steamed Carrots and Peas	6 g
Tomato Soup (8 oz)	16 g
Orange Glazed Carrots	11 g
Bread Stuffing	22.7 g
Bread Stick (1)	12 g
Dinner Roll (1)	12 g
Bread Bowl (1)	40 g
WG Medium 3.5" Hamburger Bun	18.5 g
Cheesy Garlic Bread	37 g
Roasted Potatoes	13 g
Roasted Brussel Sprouts	2.6 g
Roasted Cauliflower	2.6 g
Roasted Squash	3 g
Roasted Asparagus	2.5 g
Loaded Baked Potato	48 g
Baked Potato	37 g
Caesar Side Salad	6 g
Steamed Peas	6 g
Roasted Med. Veggies - Language Week	3 g
Milk:	
1% Low-Fat	12 g
1% Chocolate	25 g
Skim White Milk	12 g
Condiments/Dressings/Sauces/Gravies	
Mustard (.5)	0 g
Honey Mustard (.5)	2 g
Mayo (.5)	1 g
Ketchup - (Red Gold)	2 g
BBQ Sauce - (Heinz)	3 g
SF Pancake Syrup (1 oz)	10 g
Italian (.5)	1 g
Caesar (.5)	3 g
Ranch (.5)	1 g

Marinara Sauce- 1/2 cup	10 g
Note : 2 packets of dressing for salad	
Trio Chicken, Turkey or Beef (2 oz.)	3 g
Signature Sauces (Hot, Siracha and Gojichang)	5 g each