



## HIGH SCHOOL CARB COUNT

**BREAKFAST – 1.85    ADULT - \$2.30**  
**LUNCH - \$3.00        ADULT - \$4.00**  
**2<sup>nd</sup> MEAL - \$3.25     MILK - \$.60**

Potatoes:	Other items	Bread – Rolls
Crinkle Fries – 20g	Santiago Refried Beans – 25g	White Sandwich Bread (2) – 28g
Colossal Crisp fries – 26.9g	Brown Rice 35g	Whole Wheat Bread – 17g
Idahoan Instant Potatoes – 17g	Mimh Egg Roll Vegetable – 24g	Whole Wheat Cluster Dinner Roll – 14g
McCain Crispy Fries – 25g	Minh Fried Rice Vegetable – 54g	Multi –Grain Dinner Roll – 17g
McCain emoticon – 23g	Alfredo Sauce – 6g	Whole Wheat Hamburger Roll – 22g
McCain Spirals – 21g	Hot Dog – 1g	Whole Wheat Large Hamburger Roll – 25g
WG Onion Rings – 28g	Rib B Q sliders – 43g	Whole Wheat 5”Steak Roll – 29g
Oreida Fries – 20g	Pizza Crunchers – 41g	Whole Wheat Medium Kaiser Roll – 30g
Oreida Hash Patty – 15g	Cheese Stuff Shells – 25g	Whole Wheat 6” Steak Roll – 37g
Oreida Tater Tots – 19g	Tasty Brand WG lasagna – 29g	Wheat Jumbo Hot Dog Roll – 25g
Oreida Waffle Fry – 21g	Chicken N Waffle Bites – 10g	Whole Wheat Hot Dog Roll – 22g
Twister Fries – 23.81	Turkey Pepperoni – 2g	Soft Stuffing Cubes (2 ¼ cup) – 53g
Swt Tater Gems – 17g		

	December 30	December 31	January 1	January 2	January 3
<b>Pizza Line</b>	Wedge or Stuff Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or Stuff Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or Stuff Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or Stuff Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g	Wedge or Stuffed Crust Pizza Big Daddy Pizza Original – 42g Primo – 35g The Max Stuffed Crust Pizza – 38g
<b>World Café Line</b>	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Asian Week General Tso – 24g Tangerine Chicken – 25g Teriyaki Chicken – 14g	Chicken Nuggets Tyson Nuggets – 13g	Spaghetti & Meatballs (Spaghetti) – 40g Meatballs Advance Meatballs – 4g Marinara Sauce – 12g
<b>Entrée Line</b>	Buffalo Chicken Cheese Sticks – 21g	Chicken Quesadilla The Max Chicken Quesadilla – 37g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g	Beef Rib B Que Sliders 43g	Pork BBQ Gov’t Pork – 1g Bar B Que Sauce – Hamburger Roll – 22g
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 “ Wraps 45 – 52g
<b>Sandwich of the Day</b>	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
<b>Vegetable</b>	Oven Fries Oreida Evercrisp – 22g	Steamed Broccoli – 3g	Baked Beans Dawn glow – 21g	Green Beans – 6g	Steamed Carrots – 6g

Sandwich Line also has PBJ (69g) and a Vegetarian Option each day

	January 6	January 7	January 8	January 9	January 10
<b>Pizza Line</b>	Wedge or Mexican Pizza Tony’s fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony’s fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony’s fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony’s fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Mexican Pizza Tony’s fiestada – 43g Big Daddy Pizza Original – 42g Primo – 35g
<b>World Café Line</b>	Breakfast 4 Lunch French Toast Sticks w/ Sausage & Hash Browns French toast Sticks – 24g Syrup – 43g Hash Browns – 15g	Breakfast 4 Lunch Chicken N Waffles – 10g	Breakfast 4 Lunch Egg Sandwich Bar w/ Ham, Bacon or Sausage Egg (3g) Sausage (0g) Turkey Ham – 1g Bacon ( 1g) American Cheese (2g)	Breakfast 4 Lunch French Toast Sticks w/ Sausage & Hash Browns French toast Sticks – 24g Syrup – 43g Hash Browns – 15g	Breakfast 4 Lunch Funnel Sticks w/ Yogurt Funnel Sticks – 24g Yogurt Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17

<b>Entrée Line</b>	Chicken Tenders Tyson – 16g	Texas Toast Bakers Craft – 14g American Cheese - 2g	Baker's craft English Muffin (21g)  All Beef Hot Dog Kunzler Hot Dog – 1g	Pierogis – 24g	Lasagna (26g) Tasty Brand WG lasagna – 29g
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52gr
<b>Sandwich of the Day</b>	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
<b>Vegetable</b>	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Tomato Soup Campbell's Tomato Soup – 20g	Baked Beans Dawn Glow – 21g	Steamed Corn – 17 g	Steamed Peas – 12g

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	<b>January 13</b>	<b>January 14</b>	<b>January 15</b>	<b>January 16</b>	<b>January 17</b>
<b>Pizza Line</b>	Wedge or French Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or French Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or French Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or French Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or French Bread Pizza Tony's French Bread Pizza – F- 30g US – 33g Big Daddy Pizza Original – 42g Primo – 35g
<b>World Café Line</b>	Pasta Week Meat sauce Dakota Growers WG Pasta (Macaroni, Penne, Rotini, Spaghetti) – 40g Beef Crumbles – 1g Marinara Sauce – 12g	Pasta Week Dakota Growers WG Pasta (Macaroni, Penne, Rotini, Spaghetti) – 40g Meatballs Advance Meatballs – 4g Marinara Sauce – 12g	Pasta Week Dakota Growers WG Pasta (Macaroni, Penne, Rotini, Spaghetti) – 40g Chicken -1g	Pasta Week Choice of Sauce Dakota Growers WG Pasta (Macaroni, Penne, Rotini, Spaghetti) – 40g Marinara/ Tomato Sauce – 12g Alfredo Sauce – 6g	Pasta Week Dakota Growers WG Pasta (Macaroni, Penne, Rotini, Spaghetti) – 40g Chicken -1g
<b>Entrée Line</b>	Chicken Nuggets Tyson Nuggets – 13g	Chicken Quesadilla The Max Chicken Quesadilla – 37g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g	Taco Bar Beef Crumbles – 1g Shredded Cheese – 1g Hard Taco Shells – 20g Soft Taco Shells- 12g	Stromboli WG Pizza Dough – 41g Turkey Ham – 0g Pepperoni – 1g Cheese – 1g Pizza Sauce – 6g
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g
<b>Sandwich of the Day</b>	Cheeseburger 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Bacon Cheeseburger Bacon – 1 g 3oz. burger – 0g Am. Cheese – 1g Hamburger roll – 22g	Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Fish Sandwich High Liner Fish – 17g American Cheese – 1g Hamburger Roll – 22g
<b>Vegetable</b>	Oven Fries Oreida Evercrisp – 22g	Steamed Broccoli – 3g	Baked Beans Dawn glow – 21g	Steamed Carrots -6g	Steamed Green Beans 6g

Sandwich Line also has PBJ (69g) and a Vegetarian Option each day

	January 20	January 21	January 22	January 23	January 24
<b>Pizza Line</b>	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g	Wedge or Personal Pizza Tony's 5" deep dish pizza – F – 31g US -39g Big Daddy Pizza Original – 42g Primo – 35g
<b>World Café Line</b>	American Week Popcorn Chicken Tyson – 14g	American Week Cheese Stuffed Bread Sticks Beacon Street – 28g	American Week Oven Roasted Chicken - 0 g	American Week Meatball Sub Advance Meatballs – 4g Marinara Sauce – 12g Sub Roll – 29g	American Week Buffalo Wing Bar Tyson – Wing Stinger – 11g Tyson Honey BBQ – 4g Tyson – Honey Sriracha – 14g Wing Zing – 5g
<b>Entrée Line</b>	Popcorn Chicken Tyson – 14g	Cheese Stuffed Bread Sticks Beacon Street – 28g	American Week Oven Roasted Chicken - 0 g	Hot Ham & Cheese Sand Turkey Ham – 0g American Cheese – 2g Hamburger Roll – 22g	Spaghetti & Meatballs Dakota Growers WG Spaghetti – 40g Advance Meatballs – 4g Marinara Sauce – 12g
<b>Line 2</b>	Chicken Cheddar Cheese Sub Diced Chicken – 1g Cheddar Cheese – 1g Sub Roll – 29g	Loaded Nachos Bar Beef Crumbles – 1g Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g	Philly Cheese Steak Quaker Maid Chop Steak – 0g Lucky Leaf Cheese Sauce – 5g Sub Roll - 29g	Pork BBQ Gov't Pork – 1g Bar B Que Sauce – Hamburger Roll – 22g	Spaghetti & Meatballs Dakota Growers WG Spaghetti – 40g Advance Meatballs – 4g Marinara Sauce – 12g
<b>Deli Line</b>	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g	Sub, Sandwich, Wrap or Salad Bologna – 8g Turkey ham – 0g Ham – 1 g Hatfield salami – 3 g Magnifico Salami – 0g Jennio Turkey – 1 g Cheese, American – 1g Cheese, Cheddar – 1g Cheese, Provolone – 1 Cheese, Swiss – 1g Steak Roll – 29 g 12 " Wraps 45 – 52g
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<b>Vegetable</b>	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Steamed Peas – 12g	Steamed Corn – 17 g	Hash Brown Potato – 15g	Baked Beans Dawn Glow – 21g

Sandwich Line also has PBJ (69g) and a Vegetarian Option each day

Each Meal comes with: Choice of Milk

Each Meal must have a least 1 fruit or vegetable to be a complete meal

Choice of 2 Vegetables (Steamed, Baked, Fresh Salad or Fresh Veggie Pack)

Choice of 2 fruits (fresh, canned or juice)