



HIGH SCHOOL CARB COUNT

BREAKFAST – 1.85 ADULT - \$2.30
LUNCH - \$3.00 ADULT - \$4.00
2nd 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		

February 1	February 2	February 3	February 4	February 5
Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g	Peanut Butter & Jelly Sand.(69g)	NO SCHOOL	Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g	Peanut Butter & Jelly Sand.(69g)
Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Popcorn Chicken Tyson – 14g		Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Popcorn Chicken Tyson – 14g
Celery Sticks Fruit Milk	Green Beans – 6g Fresh Broccoli Milk		Celery Sticks Fruit Milk	Green Beans – 6g Fresh Broccoli Milk

February 8	February 9	February 10	February 11	February 12
Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Nacho Chips & Cheese Dip Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g		Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Nacho Chips & Cheese Dip Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Chicken Breast Sand. Chicken – 16g Hamburger roll – 22g	Boneless Chicken Wings - Tyson – Wing Stinger – 11g Tyson Honey BBQ – 4g Tyson – Honey Sriracha – 14g Wing Zing – 5g		Chicken Breast Sand. Chicken – 16g Hamburger roll – 22g	Boneless Chicken Wings - Tyson – Wing Stinger – 11g Tyson Honey BBQ – 4g Tyson – Honey Sriracha – 14g Wing Zing – 5g
Celery Sticks Fruit Cup Milk	Carrot Packs Fruit Cup Milk		Celery Sticks Fruit Cup Milk	Carrot packs Fruit Cup Milk

February 15	February 16	February 17	February 18	February 19
Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g	Peanut Butter & Jelly Sand.(69g)	NO SCHOOL	Ham & Cheese Sandwich Turkey Ham -0 Am. Cheese – 1g Hamburger roll – 22g	Peanut Butter & Jelly Sand.(69g)
Spicy Chicken Breast Sand Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Popcorn Chicken – 14g		Spicy Chicken Breast Sand Spicy Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Popcorn Chicken – 14g
Celery Sticks Fruit Milk	Green Beans – 6g Fresh Broccoli Milk		Celery Sticks Fruit Milk	Green Beans – 6g Fresh Broccoli Milk

February 22	February 23	February 24	February 25	February 26
Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Nacho Chips & Cheese Dip Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g	NO SCHOOL	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Nacho Chips & Cheese Dip Lucky Leaf Cheese Sauce – 5g Tostitos chips – 20g
Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Buffalo Wing Bar Tyson – Wing Stinger – 11g Tyson Honey BBQ – 4g Tyson – Honey Sriracha – 14g Wing Zing – 5g		Chicken Patty Chicken patty – 16g Am. Cheese – 1g Hamburger roll 22g	Buffalo Wing Bar Tyson – Wing Stinger – 11g Tyson Honey BBQ – 4g Tyson – Honey Sriracha – 14g Wing Zing – 5g
Celery Sticks Fruit Cup Milk	Carrot Packs Fruit Cup Milk		Celery Sticks Fruit Cup Milk	Carrot Packs Fruit Cup Milk