

Junior High		** Edamame and Fresh Baby Green Salad with or Italian Dressing offered Daily				Ranch		May-18	
Monday		Tuesday		Wednesday		Thursday		Friday	
Daily serve									
cheeseburger, hamburger	23,22	Bosco sticks & sauce	30,7	rotini w/ meat sauce, garlic knot	24,23	big daddy cheese, buff, meatlover, pep	43,35,36,44	Bosco sticks & sauce	30,7
boneless wings & cheezits	15, 14	beef & cheese nachos	57	large antipasto salad & garlic knot	35,23	Bosco sticks & sauce	30,7	boneless wings & cheezits	15, 14
macaroni & cheese 6oz	32,2	turkey corndogs & cheezits	27,14	chick Caesar, club and buffalo wrap	28,27,38	beef & cheese nachos	57	bbq pork pretzel sand	51
southwest explosion salad & garlic knot	36 23	chicken club, spicy, plain sand	24,39,22	big daddy veg, cheese & pep pizza	50,43,44	Italian sub	30	broccoli cheese soup	19
chicken noodle & broccoli cheese soup	8, 19	personal cheese pizza	60	Bosco pizza sticks & sauce	58,7	chicken snack wraps	46	French bread cheese pizza	29
Bosco sticks & sauce	30,7	maurice salad w/ garlic knot	33, 23	chicken noodle & broccoli cheese soup	8, 19	beef taco salad and nacho chips	57		
seasoned twist & seasoned sticks	17,20	Italian sub	30	seasoned twist & seasoned sticks	17,20	3 bean chili & broccoli cheese soup	36, 19		
mayo, ketchup, BBQ & ranch	1,2,8,9	3 bean chili & broccoli cheese soup	36, 19	mayo, ketchup, BBQ & ranch	1,2,8,9	seasoned twist & seasoned sticks	17,20	seasoned twist & seasoned sticks	17,20
H mustard, rasp vin, Caesar, Italian	9,11,1,6	seasoned twist & seasoned sticks	17,20	juice	15-17	mayo, ketchup, BBQ & ranch	1,2,8,9	mayo, ketchup, BBQ & ranch	1,2,8,9
juice	15-17	mayo, ketchup, BBQ & ranch	1,2,8,9	H mustard, rasp vin, Caesar, Italian	9,11,1,6	juice	15-17	juice	15-17
baby carrots, sm salad, garb bean	8,1,8	juice	15-17	baby carrots, sm salad, garb bean	8,1,8	H mustard, rasp vin, Caesar, Italian	9,11,1,6	H mustard, rasp vin, Caesar, Italian	9,11,1,6
cheese quesadilla	40	H mustard, rasp vin, Caesar, Italian	9,11,1,6	applesauce, banana, peach, pear, apple slice	16,7	baby carrots, sm salad, garb bean	8,1,8	baby carrots, sm salad, garb bean	8,1,8
		baby carrots, sm salad, garb bean	8,1,8	1% white, choc & strawberry milk	13,23, 22	applesauce, banana, peach, pear, apple slice	14,27,14,1	applesauce, banana, peach, pear, apple slice	14,27,14,1
applesauce, banana, peach, pear, apple slice	14,27,14, 16,7	applesauce, banana, peach, pear, apple slice	14,27,14, 16,7	bbq rib sandwich	39	1% white, choc & strawberry milk	13,23, 22	1% white, choc & strawberry milk	13,23, 22
1% white, choc & strawberry milk	13,23, 22	1% white, choc & strawberry milk	13,23, 22	Pizza crunchers	40				
31	1	2	3	4	5	6	7	8	9
		breaded or grilled chicken	20,0	Street tacos- Beef or chicken	5,2	rotini w/ meat sauce	24	Meatball sub	36.5
		fried rice or lo mien noodles	82, 74	2-6" flour tortillas	30	garlic knot	23	Buffalo fries	19
		Mediterranean veg, broccoli	8,5	shredded cheese, pico, salsa Verde	0,4,2	green beans	6		
		sweet Thai chili, orange, general Tso, sweet & sour sauces	13,11,1 6,11	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3	antipasto salad	4		
				refried beans or corn & black beans	15, 24				
7	CHO	8	CHO	9	CHO	10	CHO	11	CHO
Dominos cheese or Pep pizza	29	Meatlovers pizza	36	Mucho nacho- Beef or chicken	5,2	beef hot dog-per dog	12	Fiesta bake	44
Mediterranean veggies	8	Buffalo chicken pizza	35	nacho chips	36.5	onion rings	28	RF Doritos	20
		small antipasto salad	4	queso or shredded cheese	4,0	cole slaw	11	Santa fe veggies	12
				salsa	2, 3			salsa	3
				refried beans or corn & black beans	15, 24				
				lime sorbet	19				
14	CHO	15	CHO	16	CHO	17	CHO	18	
chicken drumstick & 4oz mac & cheese	5,24	breaded or grilled chicken	20,0	Mucho nacho- Beef or chicken	5,2	turkey meatballs	4	philly cheesesteak sand	33
green beans	6	fried rice or lo mien noodles	82, 74	nacho chips	36.5	mashed potatoes w. gravy	14,2	onion rings	28
		Mediterranean veg, broccoli	8,5	queso or shredded cheese	4,0	corn	8	Asst salad and sandwiches (see daily serve)	
		sweet Thai chili, orange, general Tso, sweet & sour sauces	13,11,1 6,11	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3	garlic knot	23		
				refried beans or corn & black beans	15, 24				
				lime sorbet	19				
21	CHO	22	CHO	23	CHO	24	CHO	25	CHO
Dutch waffle	43	Meat lovers pizza	36	Street tacos- Beef or chicken	5,2	chicken pepper jack club sand	40	Chef's choice	
chicken tenders	16	buffalo chicken pizza	35	2-6" flour tortillas	30	buffalo fries	19		
Mashed potatoes w/ gravy	14,2			shredded cheese, pico, salsa Verde	0,4,2	Sonoma blend veggies	4		
corn	8			tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3	guac sauce or buffalo sauce	5,7		
				refried beans or corn & black beans	15, 24				
28		29		30		31			
Closed		Chicken parmesan	6	Mucho nacho- Beef or chicken	5,2	sloppy joes on WG bun	10,22		
		pasta w/ marinara sauce	43, 9	nacho chips	36.5	sidewinder fries	23		
		Sonoma veggies	4	queso or shredded cheese	4,0	Cole slaw	11		
				salsa	2, 3				
				refried beans or corn & black beans	15, 24				
				lime sorbet	19				

DISCLAIMER: The following carbohydrate list for the 2017-18 school year is based entirely on the associated products. The District has not made any attempt to verify the information represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content. The District strongly recommends that students and others take independent measures to monitor that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels.