

High School Carbohydrate Menu

May 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
1	CHO	2	CHO	3	CHO	4	CHO	5	CHO
Chicken Parmesan w/Marinara Sauce	20	Pasta Build-a-Bowl		Build-A-Mucho Nacho!		BBQ Beef Rib Patty		2 pc. Chicken Tender Sub w/Cheese	
Penne Pasta & Melted Cheese	59	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2	on Bakery Bun	34	Assorted Toppings	42
		Spaghetti or Penne Pasta	70, 69	Nacho Tortilla Chips	36	Roasted Sweet Potato Boats	20	Potato Spudsters	32
Mediterranean Blend Vegetables	8	Marinara or Alfredo Sauce	6, 2	Queso Cheese Sauce	2			The "Fresh Green Salad" Romaine & Spinach Blend	3
		Assorted Vegetables	12	Assorted Veggie Toppings	3			Garbanzo Beans	8
				Craisins	28			Ranch or Italian Dressing	4,1
100% Fruit Juice	15	Luigi's Fruit Sherbet Cup	19	Chilled Fruit	17	100% Fruit Juice	15		
Assorted Fruit	17	Chilled Fruit	17	Luigi's Fruit Sherbet Cup, if available	19	Chilled Fruit	17	Assorted Fruit Choice (2)	33
8	CHO	9	CHO	10	CHO	11	CHO	12	CHO
Asian Chicken Noodle Bowl		Asian Build-a-Bowl		Build-A-Mucho Nacho!		6 pc Boneless Chicken Wings	18	Chicken Shawarma Sandwich	31
Popcorn Chicken (10)		Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2	Roasted Baby Bakers	26	Tator Tots	28
Asian Vegetables & Noodle Mix &		Rice or Noodles	36, 122						
Teriyaki Sauce	36	Assorted Vegetables	12	Nacho Tortilla Chips	36	The "Fresh Green Salad" Romaine & Spinach Blend	3	The "Fresh Green Salad" Romaine & Spinach Blend	3
Parisian Carrots	11	Assorted Sauces	12, 13	Queso Cheese Sauce	2	Garbanzo Beans	8	Garbanzo Beans	8
Fortune Cookie	8			Assorted Veggie Toppings	3	Ranch or Italian Dressing	4,1	Ranch or Italian Dressing	4,1
Diced Peaches	13	Fresh Banana	27	Chilled Fruit (2)	33	Blueberry Elfin Loaf	26	Pineapple Cup	22
Chilled Fruit	17	Chilled Fruit	17	Banana, if available	27	Assorted Fruit Choice (2)	33	Chilled Fruit	17
15	CHO	16	CHO	17	CHO	18	CHO	19	CHO
Baked Macaroni and Cheese	48	Southwest Build-a-Bowl		Build-A-Mucho Nacho!		Buy 1 Get 1 - All Beef Hot Dog		Mashed Potato Bowl,	
		Chicken Fajita or Chicken or Beef Taco Meat	1, 2, 3	Shredded Chicken or Chicken Taco Meat	2	w/Bun	26	10 pc. Popcorn Chicken	
Sonoma Blend Vegetables	6								
The "Fresh Green Salad" Romaine & Spinach Blend	3	Cilantro Rice	36	Nacho Tortilla Chips	36	Assorted Potatoes	31	Mashed Potato, Corn, & Gravy	43
Garbanzo Beans	8	Assorted Vegetables & Fajita Vegetables	21, 5	Queso Cheese Sauce	2	Cole Slaw	7	Cut Green Beans	8
Ranch or Italian Dressing	4, 1	Nacho Chips or 2 Tortilla Wraps	36, 30	Assorted Veggie Toppings	3			Assorted Bread Choice	20
Assorted Bread Choice	20	Assorted Sauces (Salsa, Sour Cream)	4, 6	Pineapple Cup	22				
Mixed Berry Lemon Swirl	19	SideKicks Fruit Slushie	22	Chilled Fruit	17	Fruit Mix	19	Fruit Mix	19
Chilled Fruit	17	Chilled Fruit	17	SideKicks Fruit Slushie, if available	22	Chilled Fruit	17	Assorted Fruit Choice	17
22	CHO	23	CHO	24	CHO	25	CHO	26	CHO
Hearty Southwest Fiesta Bake	30	Asian Build-a-Bowl		Build-A-Mucho Nacho!		Chicken Alfredo			
Tortilla Chips	37	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2				
Mild Salsa	8	Rice or Noodles	36, 122	Nacho Tortilla Chips	36	Chicken Fajita Strips w/Penne Pasta &		No School	
Santa Fe Blend Vegetables	12	Assorted Vegetables	12	Queso Cheese Sauce	2	Alfredo Sauce	55		
		Assorted Sauces	12, 13	Assorted Veggie Toppings	3	Broccoli Cuts	4	Memorial Day Weekend	
						Chocolate Chip Muffin	30		
Amazin' Strawberry Raisins	25	Fresh Banana	27	Apple Pie	54				
Fruit Mix	19	Chilled Fruit	17	Chilled Fruit	17	Chilled Fruit (2)	33		
29	CHO	30	CHO	31	CHO	<p>DISCLAIMER: The following carbohydrate list for the 2016-17 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors, nor can the District 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 carbohydrate intake. The District also strongly recommends 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.</p> <p>Questions regarding this list and disclaimer may be addressed to Robert Brady, Director of Food and Nutrition Services, 586-797-1180</p>			
		Comfort Build-a-Bowl		Build-A-Mucho Nacho!					
Memorial Day		Chicken, Breaded - Original or Spicy	18, 12	Shredded Chicken or Chicken Taco Meat	2				
		Mac and Cheese or	24	Nacho Tortilla Chips	36				
No School		Mashed Potatoes with Gravy	16	Queso Cheese Sauce	2				
		Green Beans or Corn	8, 16	Assorted Veggie Toppings	3				
		Biscuit	27						
		Fresh Apple Wedges	7	Chilled Fruit (2)	33				
		Assorted Fruit Choice	17	Fresh Apple Wedges, if available	7				