High School Carbohydrate Menu

June 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	***CHO***	***2***	***CHO***
						Chicken Nuggets (6)	14	Asian Take Out Chicken	
						BBQ Sauce or Ketchup	8,4	10 pc Popcorn Chicken, Rice, &	56
						Seasoned Potato Stix	34	Sweet & Sour Sauce	22
						Sonoma Blend Vegetables	6	Broccoli Cuts	4
						Assorted Bread	20	Fortune Cookie	8
						SideKicks Fruit Slushie	22		
						Chilled Fruit	17	Assorted Fruit Choice (2)	33
5	***CHO***	***6***	***CHO***	***7***	***CHO***	***8***	***CHO***	***9***	***CHO***
Chicken Parmesan w/Marinara Sauce	20	Cook's Choice Build-a-Bowl		Build-A-Mucho Nacho!		Cook's Choice		Cook's Choice	
Penne Pasta & Melted Cheese	59	Assorted Chicken or Beef		Shredded Chicken or Chicken Taco Meat	2	Assorted Protein Choices	46	Assorted Protein Choices	46
		Assorted Vegetables	61-167	Nacho Tortilla Chips	36	Assorted Grain Choices	38	Assorted Grain Choices	38
Mediterranean Blend Vegetables	8			Queso Cheese Sauce	2				
		Assorted Grains/Breads	38	Assorted Veggie Toppings	3	Assorted Vegetable Choices (Frozen, Carrot Bag, Potatoes)	10,8,31	Assorted Vegetable Choices (Frozen, Carrot Bag, Potatoes)	10,8,31
				Craisins	28				
100% Fruit Juice	15	Luigi's Fruit Sherbet Cup	19	Chilled Fruit	17	Assorted Fruit Choices (Fruit Cup, 100% Fruit Juice)	18,15	Assorted Fruit Choices (Fruit Cup, 100% Fruit Juice)	18,15
Assorted Fruit	17	Assorted Chilled Fruit	17	Luigi's Fruit Sherbet Cup, if available	19	Assorted Milk Choices (1% or FF,Chocolate or Strawberry)	13,23	Assorted Milk Choices (1% or FF,Chocolate or Strawberry)	13,23
12	***CHO***	***13***	***CHO***	***14***	***CHO***	***15***	***CHO***		
Cook's Choice									
Assorted Protein Choices	46								
Assorted Grain Choices	38	1/2 Day		1/2 Day		1/2 Day			
		Breakfast Only		Breakfast Only		Breakfast Only			
Assorted Vegetable Choices (Frozen, Carrot Bag, Potatoes)	10,8,31	No Lunch Served		No Lunch Served		No Lunch Served			
Assorted Fruit Choices (Fruit Cup, 100% Fruit Juice)	18,15								
Assorted Milk Choices (1% or FF,Chocolate or Strawberry)	13,23								

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.

Questions regarding this list and disclaimer may be addressed to Robert Brady, Director of Food and Nutrition Services, 586-797-1180