

Junior High School Carbohydrate Menu

Oct-17

2	CHO	3	CHO	4	CHO	5	CHO	6	CHO
Baked Macaroni and Cheese	48	build a sandwich bar		Build-A-Mucho Nacho!		Buy 1 Get 1 - All Beef Hot Dog		Mashed Potato Bowl,	
Sonoma Blend Vegetables	6	italian meat	4	Shredded Chicken or Chicken Taco Meat	2	w/Bun	26	10 pc. Popcorn Chicken	20
The "Fresh Green Salad" Romaine & Spinach Blend	3	bakery bun	27	Nacho Tortilla Chips	36	Assorted Potatoes	31	Mashed Potato, Corn, & Gravy	43
Garbanzo Beans	8	asst cheese	1-2	Queso Cheese Sauce	2	Cole Slaw	7	Cut Green Beans	8
Ranch or Italian Dressing	4, 1	Assorted Veggie Toppings	3	Assorted Veggie Toppings	3	coney chili		Assorted Bread Choice	20
Assorted Bread Choice	20	asst chips	17-26	Pineapple Cup	22				
Mixed Berry Lemon Swirl	19	cole slaw, pasta or potato salad	7	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
9	CHO	10	CHO	11	CHO	12	CHO	13	CHO
Hearty Southwest Fiesta Bake	30	Asian Build-a-Bowl		Build-A-Mucho Nacho!		Chicken Alfredo		Philly Steak and Cheese Sandwich	32
Tortilla Chips	37	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2			pumpkin spice parfait, 1/2 cup w/Rainbow Sprinkles	14
Mild Salsa	8	Rice or Noodles	36, 122	Nacho Tortilla Chips	36	Chicken Fajita Strips w/Penne Pasta &			
Santa Fe Blend Vegetables	12	Assorted Vegetables	12	Queso Cheese Sauce	2	Alfredo Sauce	55	Baked Beans	29
		Assorted Sauces	12, 13	Assorted Veggie Toppings	3	Broccoli Cuts	4		
						Chocolate Chip Muffin	30	100% Fruit Juice	15
Amazin' Strawberry Raisins	25	Fresh Banana	27	Apple Pie	54				
Fruit Mix	19	Chilled Fruit	17	Chilled Fruit	17	Chilled Fruit (2)	33	Chilled Fruit	17
		Chilled Fruit	17	Luigi's Fruit Sherbet Cup, if available	19	Chilled Fruit (2)	33		
16	CHO	17	CHO	18	CHO	19	CHO	20	CHO
3 pc. Chicken Tender and Dutch Waffle	59	gourmet pizza		Build-A-Mucho Nacho!		Grilled chicken breast with pepperjack cheese	2	Asian Take Out Chicken	
Mashed Potatoes, 4 oz.	15	buffalom meat lovers	35, 36	Shredded Chicken or Chicken Taco Meat	2	pretzel bun	38	10 pc Popcorn Chicken, Rice, &	56
Chicken Gravy, 2 T	12	antipasto salad	8			BBQ, Ranch or Italian Dressing	8,4,1	Sweet & Sour Sauce	22
Whole Kernel Corn	15	green beans	8	Nacho Tortilla Chips	36	Sonoma vegetables	6	Broccoli Cuts	4
		100% Fruit Juice	15	Queso Cheese Sauce	2	asst fries	15-17	Fortune Cookie	8
Peach Cup	13			Assorted Veggie Toppings	3				
Chilled Fruit	17			Chilled Fruit (2)	33		26		
		Assorted Fruit Choice	17	Banana, if available	27	Assorted Fruit Choice (2)	33	Chilled Fruit	17
23	CHO	24	CHO	25	CHO	26	CHO	27	CHO
Dominos		Chicken Parmesan w/Marinara Sauce	20	Build-A-Mucho Nacho!		Chicken pot pie in bread bowl	37	2 pc. Chicken Tender Sub w/Cheese	
cheese & pepperoni	29	Penne Pasta & Melted Cheese	57	Shredded Chicken or Chicken Taco Meat	2	peach cobbler roll	31	Assorted Toppings	42
				Nacho Tortilla Chips	36			Potato Spudsters	32
antipasto salad	8	Mediterranean Blend Vegetables	8	Queso Cheese Sauce	2	corn	16	The "Fresh Green Salad" Romaine & Spinach Blend	3
				Assorted Veggie Toppings	3			Garbanzo Beans	8
side kick slushie	22			Pineapple Cup	22			Ranch or Italian Dressing	4,1
100% Fruit Juice		100% Fruit Juice	15	Chilled Fruit	17	Fruit Mix	19		
Assorted Fruit	17	Assorted Fruit	17	SideKicks Fruit Slushie, if available	22	Chilled Fruit	17	Assorted Fruit Choice (2)	33
30	CHO	31	CHO	1	CHO	2	CHO	3	CHO
Asian Chicken Noodle Bowl, 10 pc. Popcorn Chicken (2 meats, 1 c. Veg, 1.5 bread, 1/2 oz. sauce)		Asian Build-a-Bowl		Build-A-Mucho Nacho!		Rotini with meat sauce	25	Meatball sub	43
Asian Vegetables & Noodle Mix	36	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2	garlic bread		asst. fries	15-20
		Rice or Noodles	36, 122	Nacho Tortilla Chips	36	The "Fresh Green Salad" Romaine & Spinach Blend	3	Chilled Fruit (2)	33
Parisian Carrots	11	Assorted Vegetables	12	Queso Cheese Sauce	2				
Fortune Cookie	8	Assorted Sauces	12, 13	Assorted Veggie Toppings	3				
Diced Peaches	13								
Chilled Fruit	17	Fresh Banana	27						
Fruit Mix	19	Chilled Fruit	17	Chilled Fruit	17	Chilled Fruit (2)	33		

DISCLAIMER: The following carbohydrate list for the 2076-18 school year is based entirely on information provided by the manufacturers or distributors

