

Middle & High School Menu - Carbs

Food Item	Carbs	Food Item	Carbs	Drinks	Carbs
<u>Entrees</u>		<u>Sides</u>		<u>Milk</u>	
Barbeque Chicken	12	Baked Beans	20	Chocolate Milk	23
Bacon Cheeseburger	27	Black Beans	20	Low Fat Milk	13
Buffalo Pizza Crunchers	40	Black Beans and Rice	31	Fat Free Milk	12
Calzonettes	34	Broccoli	5	Strawberry Milk	23
Calzonettes - Pepperoni	34	Brown Rice	22	Lactose Free Milk	13
Cheese Steak	41	Carrots	6		
Cheeseburger	27	Celery	1	<u>Juice</u>	
Chicken Egg Rolls (2)	54	Cheddar Cheese	1	Apple 4 oz.	14
Chicken Fajita	41	Corn	16	Orange 4 oz.	14
Chicken Nuggets	13	Cranberry Sauce	54		
Chicken Parmesan Sandwich	38	Crinkle Cut Fries	23		
Chicken Patty Melt	40	Curly Fries	20		
Chicken Patty Sandwich	38	French Fries	22		
Chicken Quesadillas	41	Wedge Fries	21		
Chicken Tenders	16	Fried Rice	22		
Crispy Chicken Breast Sandwich	36	Green Beans	4		
Double Cheeseburger	27	Hash Brown	15		
Egg McMuffin Sandwich	29	Lettuce	1		
French Toast & Sausage	25	Mashed Potatoes	17		
Grilled Cheese (2)	59	Mashed Sweet Potatoes	25		
Hot Ham & Cheese on Pretzel Bun (2)	62	Peas	11		
Hot Turkey Sandwich with Gravy	33	Refried Beans	20		
Hamburger	25	Romaine Salad w/ Croutons	8		
Hoagie - Egg Salad	44	Salsa	8		
Hoagie - Ham & Cheese	41	Spinach	5		
Hoagie - Italian	46	Sour Cream	2		
Hoagie - Tuna	45	Sweet Potato Fries	23		
Hoagie - Turkey	44	Tater Tots	17		
Hot Dog (2)	56	Tomato	2		
Hot Dog w/ Nachos & Cheese	34	Tomato Soup	20		
Lasagna Roll up	29	Pretzel	30		
Macaroni & Cheese	48	Pretzel w/Cheese	38		
Meatball Sandwich	45				
Meatball Parmesan Sandwich	47	<u>Fruit</u>			
Mini Pizza Bagels	24	Apple - whole	25		
Mozzarella Sticks	32	Apple Slices	7		
Open Face Turkey Sandwich w/ Gravy	22	Applesauce	14		
Pancakes & Sausage	26	Banana	27		
Pasta with Meatballs	45	Mixed Fruit	17		
Peanut Butter & Jelly (2)	68	Orange - Whole	11		
Pizza Crunchers	41	Peaches	14		
Pizza - Big Daddy	43	Pears	16		
Pizza - French Bread	33				
Pizza - Round	37	<u>Salad Dressings</u>			
Pizza Quesadilla	41	Italian 2 oz	4		
Popcorn Chicken	13	Ranch 2 oz	2		
Roasted Chicken	0	Caesar 2 oz	2		
Salad - Chicken Caesar	10	Honey Mustard 2 oz	14		
Stuffed Pasta w/Sauce & Meatballs	46	French 2 oz	16		
Stuffed Shells w/meatsauce and Breadstick	44				
Tacos	43				
Wrap - Chicken Ceasar	41				
Wrap - Buffalo Chicken	41				
Wrap - Chicken Fajita	41				