

Carbohydrate Counting High School Lunch Menu 2016-17

Mobile County Public School System

Unflavored 1% low fat (12), unflavored (12), chocolate (22), or strawberry (29) fat free milk available with each meal. Fruit (15-30) Juice (15)

Week	A	B	C	D	E
Week 1	<i>Breaded (13)OR Grilled Chicken Patty OR Fillet Creamed Potatoes (16) Brown Gravy Sweet Peas 4 Hushpuppies (30)</i>	<i>Pizza (38) Green Beans Carrots (8) Romaine Garden Salad</i>	<i>BBQ Beef OR Pork Patty on Hamburger Bun (28) Broccoli Sweet Potatoes (28)</i>	<i>Taco Meat 20 Tortilla Chips (34) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn (20)</i>	<i>Chili (10)Cheese Dog on Hot Dog Bun (20) Baked Beans (25) Cole Slaw (5) Rice Krispy Treat (28)</i>
Week 2	<i>2 Chicken Tenders (13) OR 5 Chicken Nuggets (13) Green Beans Sweet Potatoes (28) Mini Biscuit (15) Chocolate Rice Crispy Treat (27)</i>	<i>Cheeseburger on Hamburger Bun (28) Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes (16) Baked Beans (25)</i>	<i>Salisbury Steak Brown Gravy Creamed Potatoes (16) Collard OR Turnip Greens 2 oz Cornbread (30)</i>	<i>Pizza (38) Carrots (8) Romaine Garden Salad Goldfish Crackers (14)</i>	<i>Soup Baked Potato & Bacon (12) or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli 2Mozzarella Cheese Sticks (28)</i>
Week 3	<i>2 Chili Crisпитos (40) OR 2 Cheese & Chicken Fiesta Stix (40) Cheese/Sour Cream/Taco Sauce Pinto Beans (20) Whole Kernel Corn (20)</i>	<i>Meat Sauce with Pasta (41) Green Beans Yellow Squash Caesar Salad 2 Rip Stick Breadsticks (15 each)</i>	<i>Gumbo (10)with Brown Rice (15) Potato Salad (14) Carrots (8) Okra- optional 2 Hushpuppies (30)</i>	<i>Deli Sandwich or Wrap (Hamburger Bun (20) or Tortilla (19)) Romaine Leaf, Sliced Tomato Sweet Potatoes (28) Sun Chips (19)</i>	<i>5 Fish Nuggets (30) Baked Beans (25) Broccoli Roll (22)</i>
Week 4	<i>Salisbury Steak Brown Gravy Creamed Potatoes (16) Sweet Peas (15) Roll (22) Muffin (19)</i>	<i>Baked Chicken or 3 Chicken Drumsticks (7) Lima Beans(16) Sweet Potatoes (28) 2 oz. Cornbread (30)</i>	<i>Chili (10)Cheese Dog on Hot Dog Bun (20) Sauer-kraut Baked Beans(25) Coleslaw (5) Rice Krispy Treat (28)</i>	<i>Pizza(38) Broccoli Whole Kernel Corn (20) Romaine Garden Salad</i>	<i>Chicken (patty(13 if breaded), fajita, diced) on Hamburger Bun (20) Oven Potatoes (16) Carrots (8) Brownie (27)</i>
Week 5	<i>Corn Dog (33) Sweet Potatoes (28) Sweet Peas (15) Graham Crackers (20)</i>	<i>Cheese Enchilada (40) in Sauce (7) Pinto Beans (20) Whole Kernel Corn (20)</i>	<i>Asian Chicken (10-25) Asian Fried Brown Rice (15) Vegetable Egg Roll (22) Broccoli Cauliflower</i>	<i>4 Beef Meatballs Sub on Hot Dog Bun (20) or 2 Lasagna Rolls (44 for 2) Green Beans Caesar Salad</i>	<i>Cheeseburger on Hamburger Bun (28) Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes (16) Carrots (8)</i>