

2018-19---SPMS---Carb Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatball (11) Sub (28)	Stuffed Crust Pepperoni Pizza (35)	Soft Taco Meat (4) Cheese (.5) Tortilla (19)	BBQ--3oz (12) WG Bun (25)	Crispito 2ea (46)
Popcorn Chicken 10pc (20) Roll (22)	Mandarin Chicken (19) w. Rice (20) = (39)	Chicken Fajita (2) Cheese (.5) Tortilla (19)	Chicken Tenders--3pc (13) Gravy--4oz (12) Biscuit (25)	Cheesy Breadsticks 2ea (30) Spaghetti Sauce (8)
PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)	<b>Egg &amp; Cheese Salad Box: Egg (0) Cheese (1)</b>	PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)	Ham-5slc (1) Cheese (1) Sub Bun (28)	PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)
Romaine Lettuce 1/2 c (1)	<b>Veggie #1:</b> Broccoli-3pc (1) Carrots-3pc (2) Cauliflower-3pc (1) Celery-2pc (0)	Tiny Chop Lettuce-1c (2) Cheese--1oz (.5) Corn (22) Refried Beans (16)	<b>Veggie #1:</b> Broccoli-3pc (1) Carrots-3pc (2) Cauliflower-3pc (1) Celery-2pc (0)	Tiny Chop Lettuce-1c (2) Onion Rings-5pc (28) 1pc (5)
Sweet Peas (15) Baby Carrots (4)	Green Beans (6) Steamed Carrots (9)	Diced Tomato (2g) Salsa Cup (6) Banana Peppers (1) Jalapeno Peppers (1)	Mashed Potatoes (14) Baby Carrots 1/2c (4)	<b>Veggies #2:</b> Cucumber-3pc (0) Cherry Tomatoes-3pc (2) Green Peppers-1slc (0) Banana Peppers (1) Hot Peppers
Applesauce (15) Oranges (21)	Apple Slices (22) Pears (20)	Pineapple (18) Tropical Fruit (19)	Sliced Peaches (17) Oranges (14)	Grapes (15) Banana (27)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ham-3slc (0) Turkey-2slc (0) Cheese (1) Sub Bun (28)	Chicken Leg (5) Gravy-4oz (12) Biscuit (25)	Hamburger (1) Cheeseburger (2) Bun (25)	Stuffed Crust Cheese Pizza (35)	<b>Bottle Box:</b> Egg (1) Mozz Cheese (1) Apple (22) Sun Chips (27)
Chicken Nuggets 4pc (15) Roll (22)	Corn Dog (30)	<b>Egg &amp; Cheese Salad Box: Egg (0) Cheese (1)</b>	Chicken Pattie (15) Bun (25)	Taco Haystack (4) Cheese (.5) Fritos (28)
Queso Cheese 4oz (4) & Chips (19)	PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)	Turkey-4slc(0) Cheese (1) Sub Bun (28)	PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)	Yogurt (16) Cheese (0) Gripz (20) Cheez-Its (14)
Romaine-1/2c (1) Baby Carrots-1/4c (2) Corn (22)	Green Beans (6) Mashed Potatoes (14)	Tiny Chop Lettuce-1c (2) Baked Beans (22) Fries (29)	Green Beans (6) Banana Peppers (0)	Tiny Chop Lettuce-1c (2) Corn (22) Salsa Cup (6)
Cherry Tomatoes 1/4c=approx 4ea (2)	Strawberry Cup (22) Oranges (21)	Onion (1) Pickles (0) Tomato-2 slc (2)	<b>Veggie #1:</b> Broccoli-3pc (1) Carrots-3pc (2) Cauliflower-3pc (1) Celery-2pc (0)	<b>Fresh Veggies #3:</b> Cucumber (0) Diced Tomatoes (1) Banana Peppers (0)
Apple Slices (22) Tropical Fruit (19)	Strawberries 1/2c (10)	Pineapple (19) Peaches (17)	Grapes (15) Cookie (17) Applesauce (15)	Banana (27) Pears (20)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Round Pepperoni Pizza (29)	Nacho Cheese 6oz (8) & Chips (19) Salsa Cup (6)	Pasta Bake (28) Roll (22) with all items	Chicken Nuggets 4pc (15)	PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)
PBJ Uncrustable (32) Cheese Cubes (0) Cheez-Its (14)	Chicken Strips 2pc (9) Cheese (1) Tortilla (19)	Popcorn Chicken 10pc (20)	Pepperoni Calzone (35)	Cheesy Breadsticks 2ea (30) Spaghetti Sauce (8)
<b>Popcorn Chicken Salad Box: Goldkist Popcorn Chicken-10pc (20)</b>	Yogurt (14) Cheese (0) Gripz (20) Cheez-Its (14)	<b>Bottle Box:</b> Egg (1) Mozz Cheese (1) Apple (22) Sun Chips (27)	Ham-5slc (1) Cheese (1) Sub Bun (28)	Chicken Pattie (15) Spicy Chicken Pattie (13) Bun (25)
Broccoli & Cheese (6) Whole Banana Baked Potato (26)	<b>Veggie #1:</b> Broccoli-3pc (1) Carrots-3pc (2) Cauliflower-3pc (1) Celery-2pc (0)	<b>Veggie #1:</b> Broccoli-3pc (1) Carrots-3pc (2) Cauliflower-3pc (1) Celery-2pc (0)	Tater Tots (18) Beans (46) Pinto	Corn (22) Cole Slaw (11) Fruit Slushie (25) Banana (27)
Apple Slices (22) Orange Slices (14)	Romaine-1/2c (1) Green Beans (6) Applesauce (15) Oranges (21)	Lettuce-1/2c (1) Roasted Carrots: <b>USDA (8) Frozen (12)</b> Pineapple (19) Peaches (17)	Baked Apples (26) Strawberries 1/2c (10) Strawberry Cup USDA	<b>Veggies #2:</b> Cucumber-3pc (0) Cherry Tomatoes-3pc (2) Green Peppers-1slc (0) Banana Peppers (1) Hot Peppers
<b>Egg/Cheese Salad Box Items:</b>	<b>Popcorn Chicken Salad Box Items:</b>	<b>CHILI = 28 GM Cheese Cubes (0)</b>		<b>Condiments:</b>
Romaine - 2 cups (4)	Romaine - 2 cups (4)	<b>Chili replaces Pasta Bake every 3rd WED Oct-March</b>		<b>BBQ (5)</b>
Baby Carrots - 3pc (2)	Broccoli - 3pc (1)			<b>Hot Sauce (0)</b>
Cherry Tomatoes - 3pc (2)	Baby Carrots - 3pc (2)			<b>Honey Mustard (9)</b>
Garden Salsa Sun Chips (27)	Cherry Tomatoes - 3pc (2)			<b>Ketchup (2)</b>
Fat Free Ranch (8)	Cheez-Its (14)			<b>Margarine Cup (0)</b>
	Fat Free Ranch (8)			<b>Mustard (0)</b>
				<b>Ranch 1oz (5)</b>
				<b>Salad Dressing (2)</b>
				<b>Taco Sauce (1)</b>