

Middle School Menu Winter 2017-2018 Carb Counts

Carbs are located based on the Diabetic exchange list, product labels and recipe analysis. These are intended to be considered

Week One
Monday
11/13/17

Tuesday

Wednesday

Thursday

Friday

2 Oven Baked Chicken w/ 30 roll
30 BBQ Sandwich w/ 23 chi
Carrots
Green Beans
5 Cole Slaw
Tossed Green Salad
Fruit
Milk

31 Chili Cheese Fries
Or 32 Grilled Chicken Sandwich
Raw Veggie Medley
8 WG Saltines
Tossed Green Salad
Fruit
Milk

27 Pizza
16 Chicken Casserole
19 Sweet Potato Fries
Roasted Veggie Medley
15 Corn
Tossed Green Salad
Fruit
Milk

40 Spaghetti w Meat sauce
12 Hamburger Steak w/ gravy
20 Oven Roasted Potatoes
Steamed Broccoli
Tossed Green Salad
30 WG Roll
Fruit
Milk

11 Chicken Fritters
Tuna Salad w/ Crackers
15 Pinto Beans
20 Mac'n Cheese
2 Turnip Greens
Tossed Green Salad
30 Roll or Biscuit
Fruit
Milk

Week Two

6-Nov

Monday

Taco Tuesday

Wednesday

Thursday

Friday

33 Cheeseburger
Or 44 Chicken Sandwich
Or 34 Meatball Sub sandwich
20 French Fries
Raw Veggie Medley
20 Baked Beans
Lettuce/Tomato/Pickle
Tossed Green Salad
Fruit
Milk

30 Chicken Soft taco
27 Beef/Queso Nachos
20 Refried Beans
20 Rice
Lett/Tom/Sr Cream
Tossed Green Salad
Fruit
Milk

13 Hearty Bowl of Soup
35 PBJ or 26 Grilled Cheese Sa
Raw Baby Carrots
Tossed Salad
8 Saltine Crackers
24 Cinnamon Baked Apples
Fruit
Milk

31 Steak Strips w/ Gravy
5 Turkey w/ Gravy
20 Baked Sweet Potato
Steamed Veggie Medley
Tossed Green Salad
5 Cole Slaw
Fruit
Milk

11 CHICKEN FRITTERS/ 30 w w
Roll
Or 24 Turkey Sandwich on Whea
20 Mashed Potatoes
15 English Peas
Tossed Green Salad
Fruit
Milk

Boxed Salads offered Daily: 39 Chef Salad, Chicken/Tuna Salad, Grilled Chicken Salad

Plain Milk 13 grams

Ranch and Italian Dressing 2 grams

Choc Milk 20 grams

Fruit Juice 30 grams

Honey mustard 7 grams

Honey French 9 grams

Fruits are 15 gm per 1/2 cup serving

as estimates and may vary with product substitutions.