

2017-2018

High school carbs Winter menu

2 week cycle menu

**Week One**

November 13, 2017

**Main Lines**

**Monday**  
 13 Filet of Fish  
 16 Chicken Casserole  
 29 Pizza Quesadilla  
 20 Baked Sweet Potato  
 15 English Peas/2 Broccoli  
 30 WW Roll  
 Tossed Green Salad  
 15 Fruit  
 Milk

**Assorted Pizza and Boxed Salads everyday**

**Tuesday**  
 31 Chili Cheese Fries  
 30 Hot Dog w/ side of chili  
 Celery/Carrot Sticks  
 5 Cole Slaw  
 Shredded Cheese/Sour Cream  
 Tossed Green Salad  
 8 WG Saltines  
 15 Fruit  
 Milk

**Wednesday**  
 20 Country Fried Steak w/ Corn  
 Oven Roasted Chicken  
 20 Creamed Potatoes  
 Roasted Vegetables  
 Green Beans  
 30 WW Roll  
 Tossed Salad  
 15 Fruit  
 Milk

**Thursday**  
 27 Nachos Beef or chicken  
 21 Chicken Fajitas  
 20 Fiesta Rice  
 20 Refried Beans  
 15 Corn  
 Nacho Trimmings/queso/shred  
 Tossed Salad  
 15 Fruit  
 Milk

plain milk 13

choc milk 20

**Friday**  
 11 Chicken Fritters  
 2 Turnip Greens  
 20 Macaroni and Cheese  
 15 Pinto Beans  
 30 WW Roll  
 Tossed Salad  
 20 Tropical Fruit Salad  
 Milk

**Grill**

**Monday**  
 41 Sloppy Joe  
 32 Grilled Chicken Sand  
 44 Spicy Chicken Sand  
 23 Baked Lays  
 Lettuce/Tomato/Pickle  
 Baby Carrots  
 Tossed Salad  
 Milk  
 15 Fruit

**Tuesday**  
 33 Cheeseburger  
 44 Crispy Chicken Sand  
 20 Fries/23 Baked Lays  
 Lettuce/Tomato/Pickle  
 Celery/Carrot Sticks  
 5 Cole Slaw  
 Tossed Salad  
 15 Fruit  
 Milk

**Wednesday**  
 30 BBQ Sandwich  
 44 Spicy Chicken Sandwich  
 33 Cheeseburger  
 23 Baked Chips  
 Lettuce/Tomato/Pickle  
 Roasted Vegetables  
 5 Cole Slaw  
 Tossed Salad  
 Milk  
 Fruit

**Thursday**  
 27 Nachos Beef or chicken  
 21 Chicken Fajitas  
 20 Fiesta Rice  
 20 Refried Beans  
 15 Corn  
 Nacho Trimmings/queso/shred  
 Tossed Salad  
 15 Fruit  
 Milk

**Friday**  
 11 Chicken Fritters  
 2 Turnip Greens  
 20 Macaroni and Cheese  
 15 Pinto Beans  
 30 WW Roll  
 Tossed Salad  
 20 Tropical Fruit Salad  
 Milk

**Grab 'n Go**

**Monday**  
 44 Spicy Chicken Sand  
 33 Cheeseburger  
 PBJ Packs 35+23 chips  
 39 Chef Salads

**Tuesday**  
 44 Chicken Sliders  
 40 Burritos  
 PBJ Packs 35+23 chips  
 39 Chef Salads

**Wednesday**  
 44 Spicy Chicken Sand  
 Pizza Stix with Sauce  
 PBJ Packs 35+23 chips  
 39 Chef Salads

**Thursday**  
 44 Crispy Chicken Sand  
 27 Corn Dog  
 PBJ Packs 35+23 chips  
 39 Chef Salads

**Friday**  
 44 Spicy Chicken Sand  
 22 Hot Dog  
 PBJ Packs 35+23 chips  
 39 Chef Salads

## WEEK TWO

November 6, 2017

### Main Lines

### Assorted Pizza avg 30 gm and Boxed Salads everyday

#### Monday

Popcorn Chicken Smackers  
30 Baked Italian Casserole  
6 Broccoli w/ Cheese  
20 Roasted Red Potatoes  
Carrots  
30 Wheat Roll  
Tossed Green Salad  
15 Fruit  
Milk

#### Tuesday

15 Hearty Bowl of soup  
28-35 Sandwich Choice  
29 Pizza Quesadilla  
Raw Veggies w/ Dip  
24 Spiced Apples or pears  
20 Baked Potato  
Tossed Green Salad  
Saltines  
15 Fruit  
Milk

#### Wednesday

12 Hamburger Steak & Gra  
37 Chicken Fettucini  
20 Creamed Potatoes  
15 Green Peas  
5 Cole Slaw  
30 Wheat Roll  
Tossed Green Salad  
15 Fruit  
Milk

#### Taco Thursday

27 Nachos Beef or chicken  
21 Chicken Fajitas  
20 Fiesta Rice  
20 Refried Beans  
15 Corn  
Nacho Trimmings/queso/shred  
Tossed Salad  
Fruit  
Milk

#### Friday

11 Chicken Fritters  
2 Turnip Greens  
20 Macaroni and Cheese  
15 Pinto Beans  
30 WW Roll  
Tossed Salad  
20 Tropical Fruit Salad  
Milk

### Grill

#### Monday

44 Fish Sandwich  
32 Grilled Chicken Sand  
44 Spicy Chicken Sand  
20 French Fries  
Carrot and Celery Stix  
5 Cole Slaw  
Lettuce/Tomato/Pickle  
15 Fruit  
Milk

#### Tuesday

33 Cheeseburger  
42 Bar B Que  
32 Grilled Chicken Sand  
Carrot Stix  
20 Baked Potato  
Lettuce/Tomato/Pickle  
5 Cole Slaw  
24 Spiced Apples or pears  
15 Fruit  
Milk

#### Wednesday

34 3Hot Sub sandwich  
Meatball, fajita or teriyaki  
44 Crispy Chicken Sand  
23 Baked Lays  
Lettuce/Tomato/Pickle  
5 Cole Slaw  
Tossed Salad  
15 Fruit  
Milk

#### Thursday

27 Nachos Beef or chicken  
21 Chicken Fajitas  
20 Fiesta Rice  
20 Refried Beans  
15 Corn  
Nacho Trimmings/queso/shred  
Tossed Salad  
15 Fruit  
Milk

#### Friday

11 Chicken Fritters  
2 Turnip Greens  
20 Macaroni and Cheese  
15 Pinto Beans  
30 WW Roll  
Tossed Salad  
20 Tropical Fruit Salad  
Milk

### Grab 'n Go

#### Monday

44 Crispy Chicken Sand  
33 Cheeseburger  
PBJ Packs 35+23 chips  
39 Chef Salads

#### Tuesday

44 Chicken Sliders  
40 Burritos  
PBJ Packs 35+23 chips  
39 Chef Salads

#### Wednesday

44 Crispy Chicken Sand  
32 Pizza Stix with Sauce  
PBJ Packs 35+23 chips  
39 Chef Salads

#### Thursday

44 Crispy Chicken Sand  
27 Corn Dog  
PBJ Packs 35+23 chips  
39 Chef Salads

#### Friday

44 Crispy Chicken Sand  
22 Hot Dog  
PBJ Packs 35+23 chips  
39 Chef Salads

plain milk 13

choc milk 20