

2017-2018

High School Spring Menu *Carbs estimated based on diabetic exchange lists and nutrition labels of products.

Week One

16-Apr 2 week cycle menu

Main Line

Monday

12 Popcorn Chicken Smacker
30 Baked Italian Casserole
6 Broccoli w/ Cheese
20 Oven Roasted Potatoes
Carrots
30 Roll or Bread stick
Tossed Green Salad
15 Fruit
Milk

Tuesday

30 Fresh Sub Shop
WG hoagie
Choice of Turkey, Ham, Meatball
Cheese
Assorted vegetables
20 Baked Beans
23 Baked Lays
15 Fruit
Milk

Wednesday

20 Country Fried Steak w/ C
Baked Chicken
20 Creamed Potatoes
Roasted Vegetables
15 Green Peas
30 WW Roll
Tossed Salad
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

33 Cheeseburger
32 Grilled Chicken Sand
44 Spicy Chicken Sand
20 French Fries
Lettuce/Tomato/Pickle
Tossed Salad
Milk
15 Fruit

Tuesday

33 Cheeseburger
Fish Sandwich
44 Crispy Chicken Sand
23 Baked Lays
Lettuce/Tomato/Pickle
Celery/Carrot Sticks
Tossed Salad
20 Baked Beans
Fruit
Milk

Wednesday

33 Cheeseburger
30 Bar B Que Pork Sandwich
23 Baked Lays
Lettuce/Tomato/Pickle
5 Cole Slaw
Tossed Salad
Milk
Fruit

Thursday

33 Cheeseburger
32 Grilled Chicken Sandwich
44 Crispy Chicken Sandwich
15 Corn
23 Baked Lays
Tossed Salad
Lettuce/Tomato/Pickle
Milk
Fruit

Friday

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

Pizza Line

Monday

Assorted Pizza 27-30
15 Corn
Tossed Green Salad
15 Fruit
Milk

Tuesday

Assorted Pizza 27-30
Carrot/Celery Sticks
Tossed Green Salad
Fruit
Milk

Wednesday

Assorted Pizza 27-30
Roasted Vegetables
Tossed Green Salad
15 Fruit
Milk

Thursday

Assorted Pizza 27-30
15 Corn
Tossed Green 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

WEEK TWO

April 9, 2018

Milk

Main Line

Monday	Tuesday	Wednesday	Thursday	Friday
35 Chicken Fettucini/Cassero	30 Fresh Sub Shop	25 Turkey & Dressing w/Gr	27 Nachos Beef or chicken	11 Chicken Fritters
14 Smoked BBQ Pork	WG hoagie	12 Hbgr Steak w/ Gravy	21 Chicken Fajitas	2 Turnip Greens
20 Baked Potato	Choice of Turkey,Ham, Meatball	20 Creamed Potatoes	20 Fiesta Rice	20 Macaroni and Cheese
Green Beans	Cheese	Green Beans	20 Refried Beans	15 Pinto Beans
5 Cole Slaw	Assorted vegetables	5 Cole Slaw	15 Corn	30 WW Roll
30 Whole Grain Roll/Bun	20 Baked Beans	30 Roll	Nacho Trimmings/queso/shred	Tossed Salad
Tossed Green Salad	23 Baked Lays	Tossed Green Salad	Tossed Salad	20 Tropical Fruit Salad
15 Fruit	Fruit	15 Fruit	15 Fruit	Milk
Milk		Milk	Milk	

Grill

Monday	Tuesday	Wednesday	Thursday	Friday
33 Cheeseburger	33 Cheeseburger	33 Cheeseburger	30 Bar B Que	11 Chicken Fritters
32 Grilled Chicken Sand	44 Crispy Chicken Sandwich	44 Spicy Chicken Sand	32 Grilled Chicken Sandwich	2 Turnip Greens
44 Spicy Chicken Sand	Raw Veggies w/Dip	23 Baked Lays	Tossed Salad	20 Macaroni and Cheese
20 Fries	20 Baked Beans	Lettuce/Tomato/Pickle	15 Corn	15 Pinto Beans
5 Cole Slaw	Lettuce/Tomato/Pickle	Green Beans	Lettuce/Tomato/Pickle	30 WW Roll
Lettuce/Tomato/Pickle	Tossed Salad	5 Cole Slaw	5 Cole Slaw	Tossed Salad
15 Fruit	23 Baked Lays	Tossed Salad	Fruit	20 Tropical Fruit Salad
Milk	15 Fruit	Fruit	Milk	Milk
	Milk	Milk		

Pizza Line

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Pizza 27-30	Assorted Pizza 27-30	Assorted Pizza 27-30	Assorted Pizza 27-30	11 Chicken Fritters
Corn/Carrots	Raw Veggies w/ Dip	Carrot Sticks	15 Corn	2 Turnip Greens
Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	Tossed Green Salad	20 Macaroni and Cheese
15 Fruit	15 Fruit	Fruit	Fruit	15 Pinto Beans
Milk	Milk	Milk	Milk	30 WW Roll
				Tossed Salad
				20 Tropical Fruit Salad
				Milk

Boxed Sandwiches: turkey or ham wrap, PBJ sandwich, yogurt/muffin box and Salads: Chef Salad, Chicken salad, Southwest Salad daily on all lines.