

February 2012 Middle School Menu with Carb Counts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	<p>Cereal without Milk</p> <ul style="list-style-type: none"> 20 Cocoa Puffs, Whole Grain/Red Sug 14 Cheerios, WG 21 Cinnamon Toast Crunch, WG/RS 16 Corn Flakes 25 Frosted Flakes, WG/RS 21 Fruity Cheerios, WG/RS 16 Fruit Loops, WG/RS 14 Kix 16 Rice Krispies 18 Trix, WG/RS <p>Chips</p> <ul style="list-style-type: none"> 21 Tortilla Chips 8 Potato Chips <p>Salad Dressings per Packet</p> <ul style="list-style-type: none"> 1 Ranch 2 Italian 3 French <p>Condiments per Packet</p> <ul style="list-style-type: none"> 3 Ketchup 1 Mustard 1 Mayonnaise 1 Hot Sauce 2 Tartar Sauce <p>Other</p> <ul style="list-style-type: none"> 38.7 Yogurt, Fruit and Granola Parfait ~89 Hummus, Vegetables, Tortillas <p>Milk Cartons</p> <ul style="list-style-type: none"> 13 Skim Milk 24 Chocolate Milk, Fat Free 23 Strawberry Milk, Fat Free 23 Vanilla Milk, Fat Free 12 Dairy Ease, Lactose Free <p>100% Juices</p> <ul style="list-style-type: none"> 14 Apple Juice (4 oz) 18 Grape Juice (4 oz) 13 Orange Juice (4 oz) <p>*Fresh Produce</p> <ul style="list-style-type: none"> 20 Apple, each 23.3 Banana, each 17.8 Orange, each 5.8 Strawberries, ½ cup serving 19 Apple or Orange Sl (2 oz bag) 19 Grapes (2 oz bag) 4.7 Carrots, Baby (2 oz bag) 5 Tomatoes, Grape (2 oz bag)
		33 Chicken Biscuit 36 (0) (7) Bagel w/ Cream Cheese & Jelly	37/35 (21) Blueberry or Cinnamon Waffle w/ Syrup 53 Cinnamon Coffee Cake	25 Egg Biscuit 40 Whole Grain Mini Cinnamon Rolls	
		8 (24) Hamburger on Bun 43 (27) Macaroni & Cheese (1 cup) w/ Roll 4 Lettuce/Tomato/Pickle 20 Oven Baked Potato Wedges (½ cup) 48 Apple Crisp (½ cup) *Fresh Fruit	3.6 (24) Hot Ham and Cheese on Bun 15 Tex Mex Tacos w/ (12)(12) Tortilla Chips or Soft Shell 0 Shredded Lettuce / Diced Tomatoes ~5 Seasoned Vegetable Blend (½ cup) 18 Chilled Peaches (½ cup) *Fresh Fruit	4 (44) Double Hot Dog on Bun w/Chili 4 (24) Chicken BBQ on Bun 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 29 Baked Sweet Potato Fries (½ cup) 17 Chilled Pineapple (½ cup)	
6	7	8	9	10	
34 Sausage Biscuit 0.88 Cereal w/ String Cheese Stick	34 Cinnamon Bun 17 Sausage Pancake on a Stick	33 Chicken Biscuit 46 Fruit Muffin 58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 with Marinara (½ cup)	19 Turkey Sausage Breakfast Bagel 34 (21) Mini Pancakes w/ Syrup	28.5 Egg and Cheese Biscuit 41 (21) French Toast Sticks (4) w/ Syrup	
44 Stuffed Crust Pizza 1 (24) Grilled Chicken on Bun 16 Seasoned Whole Kernel Corn (½ cup) 3 Seasoned Spinach (½ cup) 20 Cinnamon Applesauce (½ cup) *Fresh Fruit	26 (27) Manager's Choice Entrée 4 Lasagna Roll with Roll Seasoned Broccoli Florets (½ cup) 13.1 Baby Carrots w/ Dip (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit	16 (27) Chicken Tenders (4 ct) w/ Roll 10.7 Seasoned Garden Peas (1/2 cup) 6 Seasoned Carrots (1/2 cup) 28 Gelatin with Fruit (½ cup) *Fresh Fruit	35 Corn Dog Nuggets (6 ct) 22 Toasted Cheese Sandwich 5 Seasoned Green Beans (½ cup) 9 Vegetable Soup (1 cup) 20.4 Chilled Tropical Fruit (½ cup) *Fresh Fruit	4 (44) Double Hot Dog on Bun w/Chili 16 (24) Fish Filet with Cheese on Bun 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 16 Oven Baked Fries (~10 fries) 17 Chilled Pineapple (½ cup)	
13	14	15	16	17	
34 Sausage Biscuit 0.88 Cereal w/ String Cheese Stick	17 Pork Sausage Breakfast Pizza 2 (27) Cheese Omelet w/ Biscuit	33 Chicken Biscuit 36 (0) (7) Bagel w/ Cream Cheese & Jelly	1 (27) Scrambled Eggs with Biscuit 53 Cinnamon Coffee Cake	25 Egg Biscuit 37/35 (21) Blueberry or Cinnamon Waffle w/ Syrup	
26.25 Mini Cheese Pizza Bagels (5 ct) 12 Chicken Nuggets (6 ct) (11) with Breadstick ~5 Seasoned Vegetable Blend (½ cup) 5 Glazed Carrots (½ cup) 20 Chilled Applesauce (½ cup) *Fresh Fruit	9 (24) Cheeseburger on Bun 1 (27) Oven Roasted Chicken with Roll 17 (4) Whipped Potatoes and Gravy 5 Seasoned Green Beans (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit	40 (8) Manager's Choice Entrée Vegetarian Hot Pocket w/ Marinara 16 Seasoned Whole Kernel Corn (½ cup) 4 Seasoned Broccoli Florets (½ cup) 20 Oven Baked Potato Wedges (½ cup) *Fresh Fruit	10 (24) Chicken Sandwich on Bun 40 (11) Cheese Filled Ravioli w/ Breadstick 0 Tossed Salad (½ cup) 3 Seasoned Spinach (½ cup) 37 Baked Apples (½ cup) *Fresh Fruit	4 (44) Double Hot Dog on Bun w/Chili 4 (28) Chicken BBQ on Bun 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 29 Baked Sweet Potato Fries (½ cup) 20.4 Chilled Tropical Fruit (½ cup)	
20	21	22	23	24	
34 Sausage Biscuit 0.88 Cereal w/ String Cheese Stick	40 Whole Grain Mini Cinnamon Rolls 17 Sausage Pancake on a Stick	33 Chicken Biscuit 46 Fruit Muffin 58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 w/ Marinara (½ cup) 15 Tex Mex Tacos w/ (12)(12) Tortilla Chips or Soft Shell	19 Turkey Sausage Breakfast Bagel 34 (21) Mini Pancakes w/ Syrup	28.5 Egg and Cheese Biscuit 26 Whole Grain Apple Roll	
33 / 30 Pork Pepperoni Pizza or Veg. Pizza 35 Corn Dog Nuggets (6 ct) 13.1 Baby Carrots w/ Dip (½ cup) 10.7 Seasoned Garden Peas (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit	16 (11) Chicken Tenders (4 ct) w/ Breadstick 16 (11) Beefaroni (1 cup) w/ Breadstick 0 Tossed Salad (½ cup) 5 Seasoned Green Beans (½ cup) 16 Chilled Mixed Fruit (½ cup) *Fresh Fruit	0 Shredded Lettuce / Diced Tomatoes 16 Seasoned Whole Kernel Corn (½ cup) 19.75 Seasoned Black Eye Peas *Fresh Fruit	21 Teriyaki Chicken (6 oz) 22 w/ Steamed Rice 26 (11) Lasagna Roll w/ Breadstick 20.5 Glazed Carrots (½ cup) 4 Seasoned Broccoli Florets (½ cup) 18 Chilled Peaches *Fresh Fruit	4 (44) Double Hot Dog on Bun w/Chili 31 (43) Seafood Platter w/ Corn Muffin 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 16 Oven Baked Fries (~10 fries) 17 Chilled Pineapple (½ cup)	
27	28	29	30		
34 Sausage Biscuit 0.88 Cereal w/ String Cheese Stick	17 Pork Sausage Breakfast Pizza 2 (27) Cheese Omelet w/ Biscuit	33 Chicken Biscuit 36 (0) (7) Bagel w/ Cream Cheese & Jelly			
44 Stuffed Crust Pizza Breakfast for Lunch: 2, 1, 27 Cheese Omelet, Sausage Patty, Biscuit	58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 w/ Marinara (½ cup) 23 (43) Spinach Quiche w/ Corn Muffin	53.5 Meatball Sub 43 (27) Macaroni & Cheese (1 cup) w/ Roll 5 Seasoned Green Beans (½ cup) 20 Oven Baked Potato Wedges (½ cup) 48 Apple Crisp (½ cup) *Fresh Fruit			
16 Seasoned Whole Kernel Corn (½ cup) 17 Oven Baked Potato Rounds (½ cup) 20 Cinnamon Applesauce (½ cup) *Fresh Fruit	37 Baked Potato (1 medium) 20.5 Glazed Carrots (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit				

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

All counts are in grams. Some menu items are separated out and color-coded accordingly. (i.e., "Chicken Pasta Salad w/ Corn Muffin: 47 (43)" indicates the salad contains 47g while the muffin has 43g.)

