

March 2012 Middle School Menu with Carb Counts

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	<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
			<ul style="list-style-type: none"> 1 (27) Scrambled Eggs with <u>Biscuit</u> 50 Cinnamon Coffee Cake 	<ul style="list-style-type: none"> 25 Egg Biscuit 40 Whole Grain Mini Cinnamon Rolls 	
			<ul style="list-style-type: none"> 10 (24) Chicken Sandwich on <u>Bun</u> 15 Tex Mex Tacos w/ (36)(42) Tortilla <u>Chips</u> or <u>Soft Shell</u> 0 Shredded Lettuce / Diced Tomatoes ~7 Seasoned Vegetable Blend (½ cup) 18 Chilled Peaches (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 4 (44) Double Hot Dog on <u>Bun</u> w/Chili 4 (24) Chicken BBQ on <u>Bun</u> 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 29 Baked Sweet Potato Fries (½ cup) 17 Chilled Pineapple (½ cup) 	
5	6	7	8	9	
<ul style="list-style-type: none"> 24 Sausage Biscuit 0.88 Cereal w/ <u>String Cheese Stick</u> 	<ul style="list-style-type: none"> 47 Cinnamon Bun 17 Sausage Pancake on a Stick 	<ul style="list-style-type: none"> 30 Chicken Biscuit 46 Fruit Muffin 	<ul style="list-style-type: none"> 19 Turkey Sausage Breakfast Bagel 34 (21) Mini Pancakes w/ <u>Syrup</u> 	<ul style="list-style-type: none"> 28.5 Egg and Cheese Biscuit 41 (21) French Toast Sticks (4) w/ <u>Syrup</u> 	<p>Chips</p> <ul style="list-style-type: none"> 21 Tortilla Chips 8 Potato Chips
<ul style="list-style-type: none"> 44 Stuffed Crust Pizza 1 (24) Grilled Chicken on <u>Bun</u> 16 Seasoned Whole Kernel Corn (½ cup) 4 Seasoned Spinach (½ cup) 20 Cinnamon Applesauce (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 35 Corn Dog Nuggets (6 ct) 27 Spaghetti with Meatsauce (1 cup) (11) <u>Breadstick</u> 4 Seasoned Broccoli Florets (½ cup) 13.1 Baby Carrots w/ Dip (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 with <u>Marinara</u> (½ cup) 16 (27) Chicken Tenders (4 ct) w/ <u>Roll</u> 10.7 Seasoned Garden Peas (1/2 cup) 6 Seasoned Carrots (1/2 cup) 28 Gelatin with Fruit (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 9 (24) Cheeseburger on <u>Bun</u> 1 (27) Oven Roasted Chicken with <u>Roll</u> 5 Seasoned Green Beans (½ cup) 17 (4) Whipped Potatoes and <u>Gravy</u> 20.4 Chilled Tropical Fruit (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 4 (44) Double Hot Dog on <u>Bun</u> w/Chili 31 (40) 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) 	<p>Salad Dressings per Packet</p> <ul style="list-style-type: none"> 1 Ranch 2 Italian 3 French
12	13	14	15	16	<p>Condiments per Packet</p> <ul style="list-style-type: none"> 3 Ketchup 1 Mustard 1 Mayonnaise 1 Hot Sauce 2 Tartar Sauce
<ul style="list-style-type: none"> 24 Sausage Biscuit 26 Whole Grain Apple Roll 	<ul style="list-style-type: none"> 17 Sausage Pancake on a Stick 46 Fruit Muffin 	<ul style="list-style-type: none"> 30 Chicken Biscuit 36 (0) (7) Bagel w/ Cream <u>Cheese</u> & <u>Jelly</u> 	<ul style="list-style-type: none"> 17 Pork Sausage Breakfast Pizza 47 Cinnamon Bun 	<ul style="list-style-type: none"> 25 Egg Biscuit 37/35 (21) Blueberry or Cinnamon Waffle w/ <u>Syrup</u> 	
<ul style="list-style-type: none"> 33 Pork Pepperoni Pizza 12 Chicken Nuggets (6 ct) (11) with <u>Breadstick</u> ~5 Seasoned Vegetable Blend (½ cup) 5 Glazed Carrots (½ cup) 20 Chilled Applesauce (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 8 (24) Hamburger on <u>Bun</u> 22 Toasted Cheese Sandwich 20 Oven Baked Potato Wedges (½ cup) 4 Seasoned Spinach (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 43 (27) Macaroni & Cheese (1 cup) w/ <u>Roll</u> 40 (8) Vegetarian Hot Pocket w/ <u>Marinara</u> 16 Seasoned Whole Kernel Corn (½ cup) 4 Seasoned Broccoli Florets (½ cup) 18 Chilled Peaches (1/2 cup) *Fresh Fruit 	<ul style="list-style-type: none"> 10 (24) Chicken Sandwich on <u>Bun</u> 40 (11) Cheese Filled Ravioli w/ <u>Breadstick</u> 1.5 Tossed Salad (½ cup) 5 Seasoned Green Beans (½ cup) 37 Baked Apples (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 4 (44) Double Hot Dog on <u>Bun</u> w/Chili 4 (36) Tuna Salad (1/2 cup) on <u>Bagel</u> 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 29 Baked Sweet Potato Fries (½ cup) 20.4 Chilled Tropical Fruit (½ cup) 	<p>Other</p> <ul style="list-style-type: none"> 97 Yogurt, Fruit and Granola Parfait ~59 Hummus, Vegetables, Tortillas
19	20	21	22	23	<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
<ul style="list-style-type: none"> 24 Sausage Biscuit 26 Whole Grain Apple Roll 	<ul style="list-style-type: none"> 40 Whole Grain Mini Cinnamon Rolls 17 Sausage Pancake on a Stick 	<ul style="list-style-type: none"> 30 Chicken Biscuit 46 Fruit Muffin 	<ul style="list-style-type: none"> 19 Turkey Sausage Breakfast Bagel 34 (21) Mini Pancakes w/ <u>Syrup</u> 	<ul style="list-style-type: none"> 28.5 Egg and Cheese Biscuit 34 Cinnamon Bun 	
<ul style="list-style-type: none"> 36 Cheese 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 	<ul style="list-style-type: none"> 16 (27) Chicken Tenders (4 ct) w/ <u>Roll</u> 16 (11) Beefaroni (1 cup) w/ <u>Breadstick</u> 1.5 Tossed Salad (½ cup) 5 Seasoned Green Beans (½ cup) 16 Chilled Mixed Fruit (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 with <u>Marinara</u> (½ cup) 15 Tex Mex Tacos w/ (36)(42) Tortilla <u>Chips</u> or <u>Soft Shells</u> 0 Shredded Lettuce / Diced Tomatoes 16 Seasoned Whole Kernel Corn (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 10 (24) Chicken Sandwich on <u>Bun</u> 26 (11) Lasagna Roll w/ <u>Breadstick</u> 20.5 Glazed Carrots (½ cup) 4 Seasoned Broccoli Florets (½ cup) 18 Chilled Peaches *Fresh Fruit 	<ul style="list-style-type: none"> 4 (44) Double Hot Dog on <u>Bun</u> w/Chili 15 (24) Fish Filet on <u>Bun</u> 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 16 Oven Baked Fries (~10 fries) 17 Chilled Pineapple (½ cup) 	<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)
26	27	28	29	30	<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)
<ul style="list-style-type: none"> 24 Sausage Biscuit 0.88 Cereal w/ <u>String Cheese Stick</u> 	<ul style="list-style-type: none"> 17 Pork Sausage Breakfast Pizza 2 (27) Cheese Omelet w/ <u>Biscuit</u> 	<ul style="list-style-type: none"> 30 Chicken Biscuit 36 (0) (7) Bagel w/ Cream <u>Cheese</u> & <u>Jelly</u> 	<ul style="list-style-type: none"> 37/35 (21) Blueberry or Cinnamon Waffle w/ <u>Syrup</u> 50 Cinnamon Coffee Cake 	<ul style="list-style-type: none"> 25 Egg Biscuit 40 Whole Grain Mini Cinnamon Rolls 	
<ul style="list-style-type: none"> 44 Stuffed Crust Pizza Breakfast for Lunch: 2, 1, 27 Cheese Omelet, Sausage Patty, Biscuit 16 Seasoned Whole Kernel Corn (½ cup) 17 Oven Baked Potato Rounds (½ cup) 20 Cinnamon Applesauce (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 58 / 68 Cheese Dunkers (8 ct) OR Max Sticks (4 ct) 11 with <u>Marinara</u> (½ cup) 23 (40) Broccoli Quiche w/ <u>Corn Muffin</u> 5 Seasoned Green Beans (½ cup) 20.5 Glazed Carrots (½ cup) 18 Chilled Pears (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 55 Meatball Sub 43 (27) Macaroni & Cheese (1 cup) w/ <u>Roll</u> 10.7 Seasoned Garden Peas (½ cup) 1.5 Tossed Salad (½ cup) 48 Apple Crisp (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 4 (24) Chicken BBQ on <u>Bun</u> 15 Tex Mex Tacos w/ (36)(42) Tortilla <u>Chips</u> or <u>Soft Shells</u> 0 Shredded Lettuce / Diced Tomatoes ~7 Seasoned Vegetable Blend (½ cup) 18 Chilled Peaches (½ cup) *Fresh Fruit 	<ul style="list-style-type: none"> 4 (44) Double Hot Dog on <u>Bun</u> w/Chili 22 Toasted Cheese Sandwich 28 Baked Beans (½ cup) 18 Cole Slaw (½ cup) 29 Baked Sweet Potato Fries (½ cup) 17 Chilled Pineapple (½ cup) 	

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.)