

# November 09 Middle School Menu with Carb Counts

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.

For example, "Chicken Pasta Salad w/Corn Muffin: 47 (43)" indicates the salad contains 47g while the muffin has 43g.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
French Toast Sticks w/ <u>Syrup</u> Cereal w/ <u>Toast</u> *	42 (21) 10	Sausage Biscuit Oatmeal w/ <u>Toast</u>	27 16 (10)	Egg Frittata OR <u>Egg Wrap</u> Cinnamon Coffee Cake	0 or 14 53	Waffles w/ <u>Syrup</u> Chicken Biscuit	28 (21) 33	Fruit Muffin Cereal w/ <u>Toast</u> *	64 10
Spaghetti w/MeatBalls w/ <u>Breadstick</u> Toasted Cheese Sandwich Steamed Cabbage Chilled Pears Seasoned Green Beans	34 (11) 24 31 18 5	Pepperoni Pizza Popcorn Chicken w/ <u>Roll</u> Steamed Broccoli Chilled Applesauce Corn on the Cob	39 13 (27) 0 20 38 (for 2)	Cheese Dunkers w/ <u>Marinara</u> Corn Dog Nuggets Seasoned Peas & Carrots Tossed Salad Baked Apples	29 (8) 35 (for 6) 10 0 27	Hot Dog on <u>Bun</u> w/Chili Oven Baked Chicken w/ <u>Roll</u> Baked Beans Cole Slaw Oven Baked Fries	2 (22) 12 (27) 28 18 17	Cheeseburger on <u>Bun</u> Fish Nuggets w/ <u>Corn Muffin</u> Chilled Pineapple Lettuce/Tomato/Onion/Dills Seasoned Vegetable Blend	5 (28) 6 (43) 16 0 0
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
Sausage Pancake on a Stick Cereal w/ <u>Toast</u> *	24 10	Chicken Biscuit Cinnamon Toast	33 20	No School		Whole Wheat Pancakes w/ <u>Syrup</u> Sausage Biscuit	30 (21) 27	Pork Sausage Breakfast Pizza Cereal w/ <u>Toast</u> *	17 10
Tex Mex Tacos w/ <u>Salsa</u> & Tortilla <u>Chips</u> or <u>Soft Shell</u> Vegetarian Hot Pocket w/ <u>Marinara</u> Shredded Lettuce / Tomatoes Fruit Crisp Seasoned Lima Beans	15 (0) (21)(21) 40 (8) 0 52 19	Cheese Pizza Chicken Tenders w/ <u>Roll</u> Seasoned Peas Chilled Pears Veggie Sticks w/ Dip	36 12 (27) 0 18 28	No School		Hot Dog on <u>Bun</u> w/Chili Fish Filet on Bun Oven Baked Fries Cole Slaw Baked Beans	2 (22) 39 17 18 28	Bean & Cheese Burrito Chicken BBQ on Bun Whole Kernel Corn Seasoned Vegetable Blend Chilled Applesauce	72 (for 2) 32 16 0 20
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
French Toast Sticks w/ <u>Syrup</u> Cereal w/ <u>Toast</u> *	42 (21) 10	Sausage Biscuit Oatmeal w/ <u>Toast</u>	27 16 (10)	Egg Frittata OR <u>Egg Wrap</u> Cinnamon Coffee Cake	0 or 14 53	Waffles w/ <u>Syrup</u> Chicken Biscuit	28 (21) 33	Fruit Muffin Cereal w/ <u>Toast</u> *	64 10
Cheese Dunkers w/ <u>Marinara</u> Popcorn Chicken w/ <u>Roll</u> Seasoned Mixed Veggies Chilled Peaches Steamed Broccoli	29 (8) 13 (27) 8 16 0	Pepperoni Pizza Fish Nuggets w/ <u>Corn Muffin</u> Seasoned Succotash Chilled Applesauce Glazed Carrots	39 6 (43) 18 20 6	Holiday Turkey w/ <u>Stuffing</u> Cheeseburger on <u>Bun</u> Seasoned Green Beans Fruit Crisp Whipped Potatoes	5 (25) 5 (28) 5 52 15	Hot Dog on <u>Bun</u> w/Chili Oven Baked Chicken w/ <u>Roll</u> Baked Beans Chilled Pears Oven Baked Fries	2 (22) 12 (27) 28 18 17	Beefaroni w/ <u>Breadstick</u> Manager's Choice Manager's Choice Veggie Parsley Potatoes Chilled Pineapple Tidbits	28 (11)   13 16
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
Sausage Pancake on a Stick Cereal w/ <u>Toast</u> *	24 10	Chicken Biscuit Cinnamon Toast	33 20	Turkey, Egg & Cheese Pocket Cinnamon Bun	28 34	No School		No School	
Cheesy Nachos w/ Salsa Turkey Corn Dog Seasoned Peas Chilled Applesauce Glazed Carrots	51 28 0 20 6	Stuffed Crust Pizza Cold Cut Hoagie Chilled Pineapple Tidbits Seasoned Green Beans Veggie Sticks w/ Dip	44 17 16 5 28	Crispy Chicken Sandwich Southwest Pizza Slice Lettuce/Tomato/Onion/Dills Fruit Crisp Seasoned Vegetable Blend	38 33 0 52 0	No School		No School	
<b>30</b>									
French Toast Sticks w/ <u>Syrup</u> Cereal w/ <u>Toast</u> *	42 (21) 10								
Spaghetti w/MeatBalls w/ <u>Breadstick</u> Manager's Choice Steamed Cabbage Chilled Pears Seasoned Green Beans	34 (11)  31 18 5								
<b>* Whole Grain/Reduced Sugar Cereals</b>		<b>Chips as Garnishes</b>		<b>Salad Dressing Packets</b>		<b>Milk Cartons</b>		<b>**100% Juices</b>	
Froot Loops Frosted Flakes Cinnamon Toast Crunch Trix	16 25 22 21	Tortilla Chips Potato Chips	21 8	Ranch French Italian	0 0 0	Skim Milk 1% Milk 1% Chocolate Milk 1% Strawberry Milk	13 13 28 32	Apple Juice 4 oz Grape Juice 4 oz Orange Juice 4 oz	14 18 12