

Junior High School Carbohydrate Menu

Dec-17

4	CHO	5	CHO	6	CHO	7	CHO	8	CHO
Asian Chicken Noodle Bowl, 10 pc. Popcorn Chicken (2 meats, 1 c. Veg, 1.5 bread, 1/2 oz.		Asian Build-a-Bowl		Build-A-Mucho Nacho!		Rotini with meat sauce	25	Meatball sub	43
Asian Vegetables & Noodle Mix	36	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2	garlic bread		asst. fries	15-20
		Rice or Noodles	36, 122	Nacho Tortilla Chips	36	The "Fresh Green Salad" Romaine & Spinach Blend	3	Chilled Fruit (2)	33
Parisian Carrots	11	Assorted Vegetables	12	Queso Cheese Sauce	2	Ranch or Italian Dressing	4, 1		
Fortune Cookie	8	Assorted Sauces	12, 13	Assorted Veggie Toppings	3				
Diced Peaches	13								
Chilled Fruit	17	Fresh Banana	27						
Fruit Mix	19	Chilled Fruit	17	Chilled Fruit	17	Chilled Fruit (2)	33		
11	CHO	12	CHO	13	CHO	14	CHO	15	CHO
Dominos		build a sandwich bar		Build-A-Mucho Nacho!		Buy 1 Get 1 - All Beef Hot Dog		Mashed Potato Bowl,	
cheese & pepperoni	29	italian meat	4	Shredded Chicken or Chicken Taco Meat	2	w/Bun	26	10 pc. Popcorn Chicken	20
The "Fresh Green Salad" Romaine & Spinach Blend	3	bakery bun	27	Nacho Tortilla Chips	36	Assorted Potatoes	31	Mashed Potato, Corn, & Gravy	43
Garbanzo Beans	8	asst cheese	1-2	Queso Cheese Sauce	2	Cole Slaw	7	Cut Green Beans	8
Ranch or Italian Dressing	4, 1	Assorted Veggie Toppings	3	Assorted Veggie Toppings	3	coney chili		Assorted Bread Choice	20
		asst chips	17-26	Pineapple Cup	22				
		cole slaw	7	Chilled Fruit	17	Fruit Mix	19	Fruit Mix	19
Assorted Fruit	17	Chilled Fruit	17	SideKicks Fruit Slushie, if available	22	Chilled Fruit	17	Assorted Fruit Choice	17
18	CHO	19	CHO	20	CHO	21	CHO	22	CHO
Hearty Southwest Fiesta Bake	30	Asian Build-a-Bowl		Build-A-Mucho Nacho!		cook's choice		cook's choice	
Tortilla Chips	37	Chicken, Grilled or Breaded	1, 20	Shredded Chicken or Chicken Taco Meat	2				
Mild Salsa	8	Rice or Noodles	36, 122	Nacho Tortilla Chips	36				
Santa Fe Blend Vegetables	12	Assorted Vegetables	12	Queso Cheese Sauce	2				
		Assorted Sauces	12, 13	Assorted Veggie Toppings	3				
								100% Fruit Juice	15
Amazin' Strawberry Raisins	25	Fresh Banana	27						
Fruit Mix	19	Chilled Fruit	17	Chilled Fruit	17	Chilled Fruit (2)	33	Chilled Fruit	17
		Chilled Fruit	17	Luigi's Fruit Sherbet Cup, if available	19	Chilled Fruit (2)	33		
1	CHO	2	CHO	3	CHO	4	CHO	5	CHO
				gourmet pizza		Grilled chicken breast with pepperjack cheese	2	Asian Take Out Chicken	
				buffalo meat lovers	35, 36	pretzel bun	38	10 pc Popcorn Chicken, Rice, &	56
				antipasto salad	8	BBQ, Ranch or Italian Dressing	8,4,1	Sweet & Sour Sauce	22
				green beans	8	Sonoma vegetables	6	Broccoli Cuts	4
				100% Fruit Juice	15	asst fries	15-17	Fortune Cookie	8
							26		
				Assorted Fruit Choice	17	Assorted Fruit Choice (2)	33	Chilled Fruit	17