

High School		** Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily						Feb-18	
Monday		Tuesday		Wednesday		Thursday		Friday	
Daily serve									
cheeseburger, hamburger	23,22	bosco sticks & sauce	30,7	rotini w/ meatsauce, garlic knot	24,23	big daddy cheese, buff, meatlover, pep	43,35,36,44	bosco sticks & sauce	30,7
boneless wings & cheezits	15, 14	beef & cheese nachos	57	large antipasto salad & garlic knot	35,23	bosco sticks & sauce	30,7	boneless wings & cheezits	15, 14
macaroni & cheese 6oz	32,2	turkey corndogs & cheezits	27,14	chick caesar, club and buffalo wrap	28,27,38	beef & cheese nachos	57	grilled cheese & tomato soup	31,14
mediterranean chick salad & garlic knot	34, 23	chicken club, spicy, plain sand	24,39,22	big daddy veg, cheese & pep pizza	50,43,44	italian sub	30	broccoli cheese soup	19
chicken noodle & broccoli cheese soup	8, 19	personal cheese pizza	60	bosco pizza sticks & sauce	58,7	hot dog	12	French bread cheese pizza	29
bosco sticks & sauce	30,7	maurice salad w/ garlic knot	33, 23	chicken noodle & broccoli cheese soup	8, 19	chicago chopped salad & garlic knot	59,23		
seasoned twist & seasoned sticks	17,20	italian sub	30	seasoned twist & seasoned sticks	17,20	3 bean chili & broccoli cheese soup	36, 19		
mayo, ketchup, BBQ & ranch	1,2,8,9	3 bean chili & broccoli cheese soup	36, 19	mayo, ketchup, BBQ & ranch	1,2,8,9	seasoned twist & seasoned sticks	17,20	seasoned twist & seasoned sticks	17,20
H mustard, rasp vin, caesar, italian	9,11,1,6	seasoned twist & seasoned sticks	17,20	juice	15-17	mayo, ketchup, BBQ & ranch	1,2,8,9	mayo, ketchup, BBQ & ranch	1,2,8,9
juice	15-17	mayo, ketchup, BBQ & ranch	1,2,8,9	H mustard, rasp vin, caesar, italian	9,11,1,6	juice	15-17	juice	15-17
baby carrots, sm salad, garb bean	8,1,8	juice	15-17	baby carrots, sm salad, garb bean	8,1,8	H mustard, rasp vin, caesar, italian	9,11,1,6	H mustard, rasp vin, caesar, italian	9,11,1,6
cheese quesadilla	40	H mustard, rasp vin, caesar, italian	9,11,1,6	applesauce, banana, peach, pear, apple slice	14,27,14,	baby carrots, sm salad, garb bean	8,1,8	baby carrots, sm salad, garb bean	8,1,8
Italian Sub	30	baby carrots, sm salad, garb bean	8,1,8	1% white, choc & strawberry milk	13,23, 22	applesauce, banana, peach, pear, apple slice	14,27,14,1	applesauce, banana, peach, pear, apple slice	14,27,14,16,7
applesauce, banana, peach, pear, apple slice	14,27,14, 16,7	applesauce, banana, peach, pear, apple slice	14,27,14, 16,7			1% white, choc & strawberry milk	13,23, 22	1% white, choc & strawberry milk	13,23, 22
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29	30	31	1	2					
chicken drumstick & 4oz mac & cheese	5,24	pasta bowl-spaghetti or penne	45,44	Mucho nacho- Beef or chicken	5,2	turkey meatballs	4	philly cheeseteak sand	33
green beans	6	popcorn chicken or grilled	20,0	nacho chips	36,5	mashed potatoes w. gravy	14,2	onion rings	28
		italian cheese sauce or marinara	3,9	queso or shredded cheese	4,0	corn	8	Asst salad and sandwiches (see daily serve)	
		broccoli or mediterranean veggies	5,8	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1,2 , 3	garlic knot	23		
				refried beans or corn & black beans	15, 24				
5	CHO	6	CHO	7	CHO	8	CHO	9	CHO
dutch waffle	43	Southwest Burrito bowl		Macaroni Bar-Mac & cheese	32	chicken pepperjack club sand	40	general tso chicken, rice & broccoli	56
chicken tenders	16	Beef or chicken	5,1	topping-pulled pork or buff chicken	7,4	buffalo fries	19	fortune cookie	4
Mashed potatoes w/ gravy	14,2	rice	37	tomatoes, broccoli, jalapeno	1,3,1	sonoma blend veggies	4		
corn	8	queso or shredded cheese	4,0			guac sauce or buffalo sauce	5,7		
		santa fe veggies or refried beans	12,15						
		shredded lettuce, salsa	2,3						
12	CHO	13	CHO	14	CHO	15	CHO	16	
chicken parmesan	6	Comfort bowl	6	Mucho nacho- Beef or chicken	5,2	sloppy joes on WG bun	10,22	buffalo chicken wrap	37
penne w/ marinara	43,9	spicy or reg boneless wing	12,15	nacho chips	36,5	sidewinder fries	23		
mediterranean veggies	8	mashed potatoes w/ gravy	14,2	queso or shredded cheese	4,0	cole slaw	11		
		corn or green beans	8,6	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1,2 , 3				
		corn bread muffin	29	refried beans or corn & black beans	15, 24				
				lime sorbet	19				
19	CHO	20	CHO	21	CHO	22	CHO	23	CHO
closed		closed		closed		closed		closed	
26	CHO	27	CHO	28	CHO				
bosco pizza sticks & sauce	58,7	Build your own burger bar		Mucho nacho- Beef or chicken	5,2	DISCLAIMER: The following carbohydrate list for the 2017-18 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors, nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content. The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels. Questions regarding this list and disclaimer may be addressed to Mandy Sosnowski, Director of Food and Nutrition Services, 586-797-1180			
mediterranean veggies	8	burger on pretzel or reg bun	0,38,22	nacho chips	36,5				
marinara cups	7	swiss, American or pepperjack cheese	1,1,1	queso or shredded cheese	4,0				
		Guac, salsa, buffalo sauce	2,3, 7	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1,2 , 3				
		lettuce, tomatoes, onions, jalapeno	2,4,3,1	refried beans or corn & black beans	15, 24				
		green beans	6						
		seasoned fries	20						