

Junior High		** Edamame and Fresh Baby Green Salad with or Italian Dressing offered Daily				Ranch		Mar-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 corn dogs & 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		
unseasoned twist & seasoned roasters	13, 19	italian sub	30	unseasoned twist & seasoned roasters	13, 19	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	unseasoned twist & seasoned roasters	13, 19	unseasoned twist & seasoned roasters	13, 19
H mustard, rasp vin, caesar, italian	9,11,1,6	unseasoned twist & seasoned roasters	13, 19	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
		H mustard, rasp vin, caesar, italian	9,11,1,6	applesauce, banana, peach, pear, apple slice	16,7	baby carrots, sm salad, garb bean	8,1,8	baby carrots, sm salad, garb bean	8,1,8
Cheese quesadilla	40	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 6,7	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
1% white, choc & strawberry milk	13,23, 22	1% white, choc & strawberry milk	13,23, 22						
<b>29</b>									
bosco pizza sticks & sauce	58,7	regular or buffalo pizza crunchers	40	Mucho nacho- Beef or chicken	5,2	hot dog-per hot dog	12	Fiesta bake	44
		sonoma blend veggies	4	nacho chips	36.5	onion rings-5	28	RF doritos	20
marinara cups	7			queso or shredded cheese	4,0	cole slaw	11	santa fe veggies	12
				tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3			salsa	3
				refried beans or corn & black beans	15, 24				
<b>5</b>									
drumstick & 4oz mac & cheese	5,24	Asian bowl-grilled or popcorn chicken	0,20	Mucho nacho- Beef or chicken	5,2	turkey meatballs	4	philly cheesesteak sand	33
green beans	6	fried rice	82	nacho chips	36.5	mashed potatoes w. gravy	14,2	onion rings	28
		sweet chili, orange, general tso or swee & sour sauces	13,11,1 6,11	queso or shredded cheese	4,0	corn	8	Asst salad and sandwiches (see daily serve)	
		broccoli	5	tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3	garlic knot	23		
				refried beans or corn & black beans	15, 24				
<b>12</b>									
dutch waffle	43	big daddy's buffalo chicken pizza	35	Macaroni Bar-Mac & cheese	32	chicken pepperjack club sand	40	general tso chicken, rice & broccoli	56
chicken tenders	16	big daddy's meatlovers	6-Feb	topping-pulled pork or buff chicken	7,4	buffalo fries	19	fortune cookie	4
Mashed potatoes w/ gravy	14,2	big daddy's veggie pizza	50	tomatoes, broccoli, jalapeno	1,3,1	sonoma blend veggies	4		
corn	8								
<b>19</b>									
dominos cheese or pep pizza	29	chicken parmesan	6	Mucho nacho- Beef or chicken	5,2	sloppy joes on WG bun	10,22	buffalo chicken wrap	37
mediterranean veggies	8	penne w/ marinara	43,9	nacho chips	36.5	sidewinder fries	23		
		sonoma blend veggies	4	queso or shredded cheese	4,0	cole slaw	11		
				tomatoes, guac, onions, jalapeno, lettuce, salsa	1,2,4,1, 2, 3				
				refried beans or corn & black beans	15, 24				
				lime sorbet	19				
<b>26</b>									
New chicken hanni	49	Asian bowl-grilled or popcorn chicken	0,20	Macaroni Bar-Mac & cheese	32	rotini with meat sauce	24	closed	
		fried rice	82	topping-pulled pork or buff chicken	7,4	garlic knot	23		
		sour sauces	6,11	tomatoes, broccoli, jalapeno	1,3,1	green beans	6		
		broccoli	5						
<b>DISCLAIMER:</b> 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									