

Middle School Carbohydrate Cycle Menus 2015-16

Monday

Tuesday

Wednesday

Thursday

Friday

A

Bosco Sticks (2) - 51g
w/ tomato sauce (1/2 c) - 2.5g
Breaded Chicken Patty - 9g
on WG Roll - 26g

1/2 c **Celery** - 1.5g
(2T) **Sunbutter** 7g
Raisins (1.33oz box) - 30g

Steak & cheese quesadilla w/
lettuce, tomato & salsa -38 g
Meatball Sub - 44g total
(4) Meatballs - 4g
Bun - 36g
Cheese - 0.5g
Tomato Sauce - 3.5g
Cheesy Bean Dip - 20g
1/2 c **Applesauce** - 14g

Buffalo Chicken Pizza - 27g
Bacon Cheeseburger - 6g
on WG bun - 22g
w/ lettuce & tomato - 4g

Baked French Fries - 18g
Bananas (7") - 27g

Breaded Chicken filet - 15g
dinner w/ WG Roll - 22g
Ham & Ch. Pretzel Bun - 33g

Mash Potatoes & Gravy— 15g
Baby Carrots (1/2 c) - 7g
Fresh Apple - 15g

Pizza* - 22—33g
Buffalo Popcorn Chicken - 13g
w/ WG roll - 22g

1 c **Side Salad** - 6g
Peaches—13g

B

Hot Dog 2'fers - 48g total
Hot Dog—2g (ea.)
on Bun—22g (ea.)
Cheesy Pretzel Bun - 34g

1/2 c **Fresh Broccoli** - 10g
1/2 c **Pears** - 16g

Mozzarella Sticks (5) - 35g
w/ tomato sauce (1/2 c) - 2.5g
Cheese Nachos - 57g total
(2 oz) Nachos - 44g
with Meat - 1g or chicken - 3g
(2oz) cheese sauce— 9g
(1oz) Salsa - 2g

1/2 c **Refried Beans** - 19g
Raisins (1.33oz box) - 30g

Buffalo Crunchers (4) - 60g
French Toast Sticks (3) - 36g
Sausage(2) - 2g
(1-1/2 tbsp.) Syrup - 26g

(8) **Tasty Tater Tots** - 16g
(3) **Orange Wedges** - 13g

Taco 2'fers - g total
Chicken Nuggets (5) - 9g
w/ WG roll - 22g

Fresh Cucumber slices—2g
w/ Ranch dip— 6g
1/2 c **watermelon** - 6g

Pizza* - 22—33g
Meatball Sub - 38g total
(4) Meatballs - 4g
Bun - 36g
Cheese - 0.5g
Tomato Sauce - 3.5g

1 c **Crispy Green Salad** - 6g
1/2 c **Mixed Fruit** - 18g

C

French Bread Pizza - 33g
(6oz) **Pasta** - 30g
& (3) **Meatballs** - 3g

1/2 c **Green Beans** - 4g
1/2 c **Mandarin Oranges** - 17g

Walking Taco - 33g total
Doritos (1 bag) - 20g
w/ meat - 1g or turkey - 3g
cheese sauce - 9g,
and salsa - 2g
Grilled Cheese- 31g

1/2 c **Tomato Soup**- 10g
1/2 c **Pineapple** - 20g

Buffalo Chicken Patty - 9g
on WG Roll - 26g
w/ lettuce and tomato - 4g
Cheeseburger - 2g
on bun - 26g

1/2 c **Baked Beans** - 21g
1/2 c **Grapes** - 8g

Popcorn Chicken (14) - 13g
w/Roll - 22g
Cheesesteak - 38g total
Cheese sauce - 12g
Bun - 26 g

Fresh Roasted Broccoli - 4g
1/2 c **Applesauce** - 14g

Pizza* - 22—33g
Baked chicken strips (3)- 9g
w/ hoagie roll - 36g

DIY Caesar Salad - 25g
Mixed Fruit Salad - 15g

Additional Items offered daily

- Apple slices (2oz): 8g/pkt
- Carrots: 7g
- Ranch dressing: 6g
- Plain milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g
- Slush Puppie (4oz) - 15g

Additional Items Offered Frequently

- **Fruit & yogurt bar** -
 - Van. Yogurt - 22g
 - String cheese 1g
 - (4oz) Muffin - 49g
 - Granola - 9g
 - Fruit (varies) - 15g per 1/2 cup
-

Pizza: (mostly Nardone Bros)

- 1/8 wedge - 22g
- 4x6 rectangle - 30g
- 5" round personal - 33g
- French bread pizza - 33g
- 1/8 wedge (Mickey's) - 28g

To-go sandwiches & salads (w/o dressing):

- Ham & Cheese Hoagie- 39g; Wrap - 38g
- Turkey & Cheese Hoagie- 41g; Wrap - 39g
- Italian Sandwich - 39g, Wrap - 35g
- Lettuce & tomato for sandwiches - 4g
- PB&J Jamwich (2pk) - 69g
- Chicken Caesar Salad w/ WG roll - 58g
- Chef Salad w/ WG roll - 60g
- Tossed Salad w/ WG roll - 55g
- Fruit & Yogurt To-Go - 84g

Additional Sides:

- Blueberries (1/2 c): 9.4g
- Pasta Salad (3oz): 22g
- Roasted sweet potatoes (1/2 c): 13g
- Vegetable soup (1/2 c) - 15g

Condiments:

- BBQ sauce (2T) - 11g
- Light Italian (2T) - 2g
- Light Caesar (2T) - 5g
- Ketchup (1T) - 5g
- Mayo pkt - 1g
- Mustard pkt - 0g

Other Entrees:

- Chic' Penne - 46g
- Chicken Sticks (5) - 11g
- Corn Dog Nuggets (6) - 31g
- Grilled Chicken Patty on bun - 27g
- Ham & Cheese Melt - 39g
- (6 oz) Mac & Cheese - 28g
- Max Stix (2) - 32g

Any questions, concerns -- contact Kristen Feaga, nutritionist
FeagaKr@mtwp.net or 717-735-1721