

## Middle School Carbohydrate Count 2016-17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	<p><b>Chicken Nuggets</b> (5) - 16g w/ WG roll - 14g <b>Mac &amp; Cheese</b> (6oz) - 28g w/ WG roll - 14g</p> <p><b>Baked Beans</b> - 21g (1 med.) <b>Apple</b> - 25g</p>	<p><b>Chicken strips</b> (3)- 13g w/ sub roll - 25g <b>Taco 2'fers- 45g</b> meat (2.5g), cheese (.5g), salsa (2g) L&amp;T (2g), (2) tortillas (40g)</p> <p><b>Roast. Sweet Potatoes</b> - 13g <b>Bananas</b> (7") - 27g</p>	<p><b>Corn Dog Nuggets</b> (6) - 31g <b>Bosco Sticks</b> (2) - 42g w/ tomato sauce - 5g</p> <p><b>Cucumber Slices</b> - 2g w/ Ranch dip (2T) - 5g <b>Watermelon</b> - 6g</p>	<p><b>MTwp Mashed Potato Bowl</b> Chicken - 20g, bread - 15g Mashed Potatoes - 15g Corn - 16g, cheese - 0.5g <b>Meatball Sub - 35g</b> Meatballs - 4g, cheese 1g/oz, Tomato sauce 5g, bun 25g</p> <p><b>Peaches</b> -13g</p>	<p><b>Pizza-</b> 30g <b>Cheesesteak Sub</b> - 39g Meat - 3g, cheese - 1g WG Bun - 25g</p> <p><b>Tossed Salad</b> - 6g (varies) <b>Apple Slices</b> - 8g</p>
<b>B</b>	<p><b>Hot Dog</b> - 2g on WG Bun - 25g <b>Cheesy Pretzel Bun</b> - 33g</p> <p><b>Celery</b> - 2.5g <b>Mandarin Oranges</b> - 21g</p>	<p><b>Cheese Nachos - 58g</b> (2 oz) Nachos - 45g w/ meat - 2.5g (2oz) cheese sauce- 9g (1oz) Salsa - 2g <b>Ham &amp; Cheese Melt</b> - 40g</p> <p><b>Cheesy Bean Dip</b> - 20g <b>Pineapple</b> - 17g</p>	<p><b>Bacon Cheeseburger</b> - 2g on bun - 22g <b>Breaded Chicken Patty</b> - 15g on WG Roll - 22g</p> <p><b>French Fries</b> (2.5 oz) - 18g <b>Grapes</b> - 8g</p>	<p><b>Popcorn Chicken</b> (10) - 20g w/ WG roll - 14g <b>Grilled Cheese-</b> 31g</p> <p><b>Tomato Soup-</b> 10g <b>Applesauce</b> - 14g</p>	<p><b>Pizza</b> - 30g <b>Mozzarella Sticks</b> (5) - 35g w/ tomato sauce (1/2 c) - 5g</p> <p><b>Side Caesar Salad</b> *- 15g <b>Strawberries, fzn</b> - 33g</p>
<b>C</b>	<p><b>Cheeseburger</b> - 2g on bun - 22g <b>Pasta</b> (6oz)- 30g &amp; <b>Meatballs</b> (3) - 3g w/ cheese (1 g/1 oz)</p> <p><b>Black Beans Salsa</b> - 16g <b>Raisins</b> (1.33oz box) - 29g</p>	<p><b>Walking Taco - 34g</b> Doritos (1 bag) - 20g w/ meat - 2.5g cheese sauce - 9g, And (¼ c) salsa - 2g <b>Chicken Sticks</b> (8) - 16g w/ WG roll - 14g</p> <p><b>Baby Carrots</b> - 8g <b>Plum</b> - 10g</p>	<p><b>French Toast Sticks</b> (3) - 36g (1-1/2 tbsp.) Syrup - 26g <b>Sausage</b>(2) - 2g <b>-or- Egg Patty</b> - 1g <b>Egg &amp; Cheese Croissant</b> - 28g <b>Sausage &amp; Ch. Croissant</b> - 29g</p> <p><b>Tater Tots</b> (8) - 16g <b>Orange Wedges</b> (4) - 15 g</p>	<p><b>Mini Cheese Calzones</b> - 34g w/ tomato sauce - 5g <b>Sloppy Joes</b> - 36g BBQ - 14g, bun - 22g</p> <p><b>Roast. Cauliflower</b> - 3g <b>Pear</b> - 11g</p>	<p><b>Pizza</b> - 30g <b>Meatball Sub - 35g</b> Meatballs - 4g, cheese 1g/oz, Tomato sauce 5g, bun 25g</p> <p><b>Crispy Green Salad</b> - 6g <b>Cantaloupe</b> - 7g</p>

\*all sides are 1/2 cup portions, unless noted otherwise

Updated: 2/27/2017

### Additional Items offered daily

- Plain milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g
- **Chicken Caesar Salad** - 41g (roll - 14g, croutons - 13g), w/o dressing
- **Tossed Salad** - 44g (breadstick - 25g), w/o dressing
- **Chef Salad** - 44g (breadstick - 25g), w/o dressing

### Additional Entrees:

- **Cheddar-filled Pretzel Stick** (1): 26g
- **Chicken Cheesesteak**: 32g (bun - 25g)
- **Ham & Cheese Pretzel Bun**: 33g
- **Sweet & Sour Chicken**:  
chicken (20g) + sauce (2oz; 22g) + 1/2 c brown rice (22g)
- **Sloppy Joes**: **36g** Beef Barbecue (14g) + bun (22g)
- **Tuna Salad Sandwich**: **33g total**: tuna (6g), bun - 25g, w/ L&T (2g)
- **Buffalo Chicken Pizza**: 27g
- **MaxStix**: 32g (tomato sauce - 5g)

### Condiments:

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

### Additional Items Offered Frequently

- **Fruit & yogurt bar** - **80g** Van. Yogurt (22g), ch. (1g), muffin (41g), fruit (varies)
- **Fruit & Yogurt To-go** - **77g** Flav. Yogurt (19g), ch.(1g) muffin (41g), fruit (varies)
- **Turkey & Cheese Sand.** - **31g** [turkey (3g), cheese (1g) L&T (2g), bun (25g)]
- **Ham & Cheese Sand.**- **29g** [ham (1g), cheese (1g), L&T (2g), bun (25g)]
- **Italian Sandwich** - **28g** [Italian meats (2g), cheese (1g), L&T (2g), bun (37g)]
- **Peanut Butter & Jelly** - 69g
- **Slush Puppie** (4oz) - 15g

### Additional Sides:

- Apricot halves: 15g
- Bean dip (1/4c): 12g
- Blueberries, fzn, unsweet: 5g
- Broccoli, steamed: 5g
- Cabbage, sautéed w/ sesame oil: 10g
- \*Caesar Side Salad: 15g  
1c Lettuce: 4g, 1T Parmesan: 2g, 1T Caesar: 2.5g, ½ oz. croutons: 6g
- Cauliflower, steamed: 3g
- Green Beans - 4g
- Kiwi fruit (1.25 fruit): 13g
- Lima Beans, steamed: 35g
- Peas, steamed- 12g
- Potato, baked w/ cheesesauce: 41g
- Red Peppers, fresh: 5g
- Refried Beans - 19g
- Roasted Squash: 8g
- Strawberries, fresh: 6g

Any questions, concerns -- contact Kristen Feaga, nutritionist

FeagaKr@mtwp.net or 717-735-1721

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