

**MIDDLE SCHOOL CARB COUNT  
FEBRUARY - JUNE 2018**

Menu Item	Serving Size	Carb Count
<b>Daily Specials</b>		
Corn Dogs	6 pieces	26
Beef Nachos	2 oz.	28
Beef Taco, Soft Shell	2	37
Refried Beans	4 oz.	16
Mexican Rice	4 oz.	21
Popcorn Chicken	12 pieces	12
Whipped Potatoes	1/2 cup	15
Corn	1/2 cup	17
Gravy	1 oz.	8
Dinner Roll	1	20
Pizza (Little Caesars)	1 slice	43
Bosco Sticks	2	50
Chicken Patty	1	16
<b>Week 1</b>		
Chicken	3 pieces	12
Waffles	1	43
Oven Potatoes	1/2 cup	20
Carrots	1/2 cup	7
Taco Meat	3.25 oz.	5
Tortilla Shell (burrito wrap)	2	37
Mexican Rice	1/2 cup	21
Refried Beans	1/2 cup	16
Mashed Potatoes	1/2 cup	15
Gravy	2 oz.	16
Corn	1/2 cup	17
Roll	1	20
Cornbread	1	25
Pizza	1 slice	39
Fries	1/2 cup	17
Chicken	3 oz.	1
Noodles	1/2 cup	41
Alfredo Sauce	2 oz.	5
Broccoli	1/2 cup	2
Garlic Toast	1	11
<b>Week 2</b>		
Chicken	1 drumstick	5
Biscuit	1	27
Potatoes	1/2 cup	20
Carrots	1/2 cup	7
Taco Meat	3.25 oz.	5
Tortilla Shell	2	37
Mexican Rice	1/2 cup	21
Refried Beans	1/2 cup	16
Hot Turkey	3 oz.	0
Bread	2 slices	38
Gravy	2 oz.	16
Whipped Potatoes	1/2 cup	15
Corn	1/2 cup	17
Pizza	1 slice	39
Fries	1/2 cup	17
Mostaccioli Noodles	1/2 cup	41
Meat Sauce	5 oz.	9
Broccoli	1/2 cup	2

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Menu Item	Serving Size	Carb Count
Garlic Toast	1	11
<b>WEEK 3</b>		
Tangerine Chicken	1/2 cup	25
Brown Rice	1/2 cup	40
Kung Pao Sauce	2 oz.	17
Egg Roll	1	11
Carrots	1/2 cup	7
Taco Meat	3.25 oz.	5
Tortilla Shell	2	37
Mexican Rice	1/2 cup	21
Refried Beans	1/2 cup	16
Mashed Potatoes	1/2 cup	15
Gravy	2 oz.	16
Corn	1/2 cup	17
Pizza	1 slice	39
Fries	1/2 cup	17
<b>PASTA BAR</b>		
Pasta	1/2 cup	41
Alfredo Chicken or	2 oz.	6
Beef Sauce	5 oz.	9
Broccoli	1/2 cup	2
Garlic Toast	1	11
<b>WEEK 4</b>		
Meatloaf	3 oz.	8
Whipped Potatoes	1/2 cup	15
Gravy	2 oz.	16
Orion Rings	2 pieces	5
Carrots	1/2 cup	7
Taco Meat	3.25 oz.	5
Tortilla Shell	2	37
Mexican Rice	1/2 cup	21
Refried Beans	1/2 cup	16
Drumstick	1	5
Whipped Potatoes	1/2 cup	15
Gravy	2 oz.	16
Corn	1/2 cup	17
Pizza	1 slice	39
Fries	1/2 cup	17
Mac & Cheese	6 oz.	27
Diced Ham	2 oz.	1
Chili	2 oz.	6
BBQ Pulled Chicken	2 oz.	1
Bread Crumbs	1 oz.	10
Philly Steak	2.5 oz.	3
Broccoli	1/2 cup	2
<b>BREAKFAST</b>		
Cinnamon Apple Toast	1 slice	45
Pancake Wrap	5 pieces	25