

February 2018 MS & HS Specialty Carb Count

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>*Counts listed are an estimate and could vary with substitutions and students selections.* ½ cup fruit serving listed</p>			<p>1</p> <p>Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Peaches (12)</p>	<p>2</p> <p>Build Your Own Burrito Bowl Seasoned Beef Cilantro Lime Brown Rice (46) Corn (8) & Pinto Beans (18) Veggie Toppings (~4) Fresh Fruit (~15)</p>
<p>5</p> <p>Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)</p>	<p>6</p> <p>Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Pears (16)</p>	<p>7</p> <p>Salad Bar Soup of the Day- Cheesy Potato (~14) Dinner Roll (26) Carrots (9) Fruit Cocktail (14)</p>	<p>No School</p>	<p>No School</p>
<p>12</p> <p>Stir Fry Bar Brown Rice (46) Teriyaki Chicken (6) Assorted Veggies (~5) Pineapple (16)</p>	<p>13</p> <p>Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Peaches (12)</p>	<p>14</p> <p>Salad Bar Soup of the Day- Chili (25) Dinner Roll (26) Carrots (9) Applesauce (22) Heart-Shaped Sugar Cookie (18)</p>	<p>15</p> <p>Sub Sandwich Veggie Topping Bar Baked Chips Baked Beans Fruit Cocktail</p>	<p>16</p> <p>Hamburger Bar (26) w/Mushroom & Swiss Option Baked Fries (16) Garden Salad (~2) Fresh Fruit (~15)</p>
<p>19</p> <p>Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)</p>	<p>20</p> <p>Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Applesauce (22)</p>	<p>21</p> <p>Salad Bar Soup of the Day- Cook's Choice Dinner Roll (26) Carrots (9) Pineapple (16)</p>	<p>22</p> <p>Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Mandarin Oranges (14)</p>	<p>23</p> <p>Italian Meatball (5) Sub on a Hoagie Bun (28) Marinara Sauce (14) Garden Salad (~4) Sugar Cookie (20)</p>
<p>26</p> <p>Stir Fry Bar Brown Rice (46) Seasoned Beef (7) Assorted Veggies (~5) Mandarin Oranges (14)</p>	<p>27</p> <p>Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Fruit Cocktail (14)</p>	<p>28</p> <p>Salad Bar Soup of the Day-Cheesy Broccoli (16) Italian Bread (15) Carrots (9) Pears(16)</p>		