

# JANUARY 2018 MS & HS SPECIALTY Carb Count

New Item

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL  <i>½ cup fruit serving listed</i>	NO SCHOOL	3 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Peaches (12)	4 Salad Bar Soup of the Day-Cheesy Broccoli (16) Italian Bread (15) Carrots (9) Pears (16)	5 Build Your Own Burrito Bowl Seasoned Beef Cilantro Lime Brown Rice (46) Corn (8) & Pinto Beans (18) Veggie Toppings (~4) Fresh Fruit (~15)
8 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	9 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Pears (16)	10 Salad Bar Soup of the Day- Cheesy Potato (~14) Dinner Roll (26) Carrots (9) Fruit Cocktail (14)	11 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Applesauce (22)	12 Asian Chicken with Vegetables (~6) Steamed Brown Rice (46) Broccoli (~5) Egg Roll (10) Mandarin Oranges (12)
15 Stir Fry Bar Brown Rice (46) Teriyaki Chicken (6) Assorted Veggies (~5) Pineapple (16)	16 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Peaches (12)	17 Salad Bar Soup of the Day-Chicken Chili (~6) Dinner Roll (26) Carrots (9) Applesauce (22)	18 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Fruit Cocktail (14)	19 Hamburger Bar (26) Baked Fries (16) Garden Salad (~2) Fresh Fruit (~15)
22 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	23 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Applesauce (22)	24 Salad Bar Soup of the Day- Cook's Choice Dinner Roll (26) Carrots (9) Pineapple (16)	25 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Mandarin Oranges (14)	26 New: BBQ Meatball (4) Sub w/Creamy Coleslaw (13) on a Hoagie Bun (28) BBQ Sauce (14) Garden Salad (~4) Sugar Cookie (~20)
29 Stir Fry Bar Brown Rice (46) Seasoned Beef (7) Assorted Veggies (~5) Mandarin Oranges (12)	30 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Fruit Cocktail (14)	31 Salad Bar Soup of the Day-Cheesy Broccoli (16) Italian Bread (15) Carrots (9) Pears(16)		

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