

March 2018 MS & HS 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.* $\frac{1}{2}$ cup fruit serving listed</p>			<p>1 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Peaches (12)</p>	<p>2 Stir Fry Bar Brown Rice (46) Teriyaki Chicken (6) Assorted Veggies (~5) Mandarin Oranges (14)</p>
<p>5 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)</p>	<p>6 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Pears (16)</p>	<p>7 Salad Bar Soup of the Day- Cheesy Potato (~14) Dinner Roll (26) Carrots (9) Fruit Cocktail (14)</p>	<p>8 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Applesauce (22)</p>	<p>9 No School</p>
<p>12 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)</p>	<p>13 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Peaches (12)</p>	<p>14 Salad Bar Soup of the Day-Chicken Tortilla (10) Dinner Roll (26) Carrots (9) Applesauce (22)</p>	<p>15 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Fruit Cocktail (14)</p>	<p>16 Hamburger Bar (26) w/Mushroom & Swiss Option Baked Fries (16) Garden Salad (~2) Fresh Fruit (~15) Shamrock Cookie (18)</p>
<p>19 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)</p>	<p>20 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Applesauce (22)</p>	<p>21 Salad Bar Soup of the Day- Cook's Choice Dinner Roll (26) Carrots (9) Pineapple (16)</p>	<p>22 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Mandarin Oranges (14)</p>	<p>23 New: BBQ Meatball (4) Sub w/Creamy Coleslaw (13) on a Hoagie Bun (28) BBQ Sauce (14) Garden Salad (~4) School Made Brownie Bite (~18)</p>
<p>No School - Spring Break</p>				

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