

October 2017

**MIDDLE & HIGH SPECIALTY BAR Carbohydrate Count**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	3 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Fruit Cocktail (14)	4 Salad Bar Soup of the Day-Cheesy Broccoli (16) Italian Bread (15) Carrots (9) Pears (16)	5 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Peaches (12)	6 Italian Meatball (5) Sub on a Hoagie Bun (28) Marinara Sauce (14) Garden Salad (~4) Fresh Fruit (~15)
9 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	10 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Pears (16)	11 Salad Bar Soup of the Day- Cheesy Potato (~14) Dinner Roll (26) Carrots (9) Fruit Cocktail (14)	12 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Applesauce (22)	13 Build Your Own Burrito Bowl Seasoned Beef Cilantro Lime Brown Rice (46) Corn (8) & Pinto Beans (18) Veggie Toppings (~4) Fresh Fruit (~15)
16 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	17 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Peaches (12)	18 Salad Bar Soup of the Day-Chicken Tortilla (10) Dinner Roll (26) Carrots (9) Applesauce (22)	19 Sub Sandwich (28) Veggie Topping Bar (~4) Baked Chips (26) Baked Beans (29) Fruit Cocktail (14)	20 Hamburger Bar (26) Baked Fries (16) Garden Salad (~2) Fresh Fruit (~15)
23 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	24 Pasta Bar Italian Meatballs (5) with Marinara (14) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Applesauce (22)	25 Salad Bar Soup of the Day- Cook's Choice Dinner Roll (26) Carrots (9) Pineapple (16)	26 No School	27 No School
30 Baked Potato Bar (37) Garden Salad (~4) Soft Pretzel (30) Fresh Fruit (~15)	31 Chicken Alfredo Pasta Bar Alfredo Sauce (6) Italian Chicken (2) Whole Wheat Pasta (38) Caesar Salad Bar (~2) Fruit Cocktail (14)			