

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU APRIL 2026
4/01-4/03

Monday Tuesday Wednesday Thursday Friday

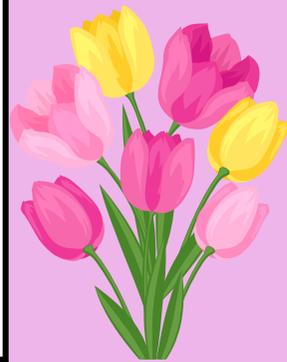
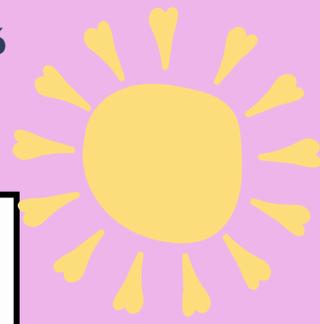


The Main Menu

Pasta of the Day & Pizza Oven w/Salad

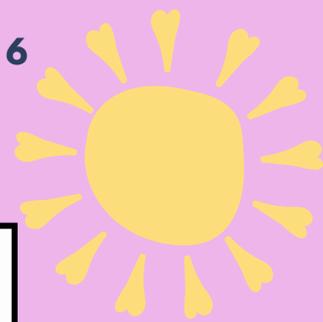
Green Wave Grill

<p>Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th.</p>	<p>All meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray!</p>	 <p>Mixed Up Chicken 19g Funny Face Fries 20g Whole Grain Dinner Roll 16g Scooby Snack 21g</p>	<p>French Toast Sticks 37g Syrup 18g Sausage Patties</p> <p>Baked Potato Puffs 15g</p> 	<p>Good Friday</p> <p>NO SCHOOL</p> 
		<p>Pasta 41g w/Creamy Tomato Sauce 9g Garlic Breadstick 15g</p> <p>Or Personal Pizza 30g (Plain or Pepperoni)</p>	<p>Bosco Sticks 34g w/Marinara Sauce 4g</p> <p>Or Salad Pizza 29g</p>	
		<p>Spicy Chicken Patty 15g on Whole Grain Bun Lettuce/Tomato</p>	<p>Warm Asian Wrap 58g</p> 	





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU APRIL 2026 4/06-4/10



Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Chicken Tenders
13g
Texas Toast 14g

Roasted Zucchini
Squash 3g



Walking Taco 34g



Burrito Bowl 42g



Pizza Crunchers
42g

Caesar Salad 5g



Asian Chicken 23g
Brown Rice 35g

Broccoli Florets 3g



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
26g
w/Whole Grain
Dinner Roll 16g
Or

Garlic French
Bread Pizza 33g

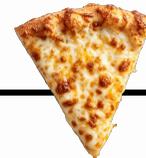
Pasta w/Meatballs
+ Sauce 53g

Or
Pizzeria Style Pizza
29g
(Plain or
Pepperoni)



Mini Ravioli 32g
w/Marinara Sauce
4g
Garlic Breadstick
15g

Or
Stuffed Crust Pizza
35g



Bosco Sticks 34g
w/Marinara Sauce
4g

Or
Buffalo Chicken
Pizza 26g

Pasta 26-53g



Or
Pizza 26-35g

Green Wave Grill

Egg + Cheese +
Hashbrown 15g
on Whole Grain
Croissant 29g

Baked Potato
Puffs 15g

Hamburger or
Cheeseburger on
Whole Grain Bun
27g

Baked Potato
Wedges 15g

Spicy Chicken
Patty 15g
Whole Grain Bun
27g
Lettuce/Tomato

Chicken Parm
Panini 43g



Rodeo Burger
Hamburger,
Cheese, Onion
Ring 6g
on Whole Grain
Bun 27g

Baked Onion Rings
32g

SPRING
BREAK

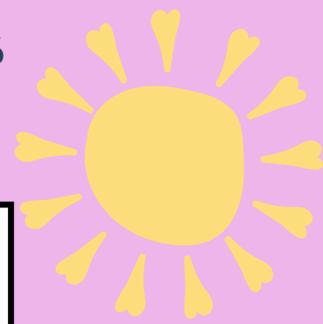
School
Vacation from
4/13-4/17

Free & Reduced
Meal Applications
are now being
accepted. Free
Meals for all will
end April 30th





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU APRIL 2026 4/20-4/24



The Main Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mozzarella Sticks 33g Marinara Sauce 4g Edamame 7g 	Baked Potato 30g w/Cheese Sauce 4g Garlic Breadsticks 15g Broccoli Florets 3g 	Sizzler 31g 	Chicken Dippin Sandwich 13g Whole Grain Bun 27g Buffalo Cauliflower 3g 	Walking Taco 34g 
Macaroni + Cheese 26g w/Garlic Breadstick 15g Or Personal Pizza 30g	Stuffed Shells 9g Garlic Knot 27g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta w/Meatballs + Sauce 53g Or French Bread Pizza 33g	Bosco Sticks 34g w/Marinara Sauce 4g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 9-53g Or Pizza 29-33g
Black Bean Burger 25g on Whole Grain Bun 27g w/Salsa (From a Local Farm), Sour Cream, Jalapenos Baked Spiral Fries 15g	Rice Bowl 42g 	 Spicy Chicken Patty 15g on Whole Grain Bun 27g Lettuce/Tomato	Bacon Cheese Burger on Whole Grain Bun 27g Baked Potato Wedges 15g	Chicken Club Unbreaded Chicken Breast on Whole Grain Bun 27g w/ Bacon, Cheese, Lettuce/Tomato, Chipotle 7g or Ranch Dressing 2g Oven Baked Fries 15g

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill



Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU APRIL 2026

4/27-4/30



The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

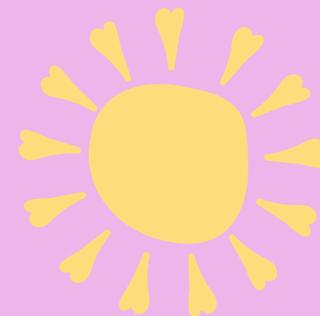
Monday	Tuesday	Wednesday	Thursday
<p>Pulled BBQ Chicken Sliders 36g Baked Beans 29g</p> <p>Baked Potato Puffs 15g</p> 	<p>Cheese Quesadilla 38g w/Salsa, Sour Cream</p> <p>Refried Beans 24g</p> 	<p>Hot Honey Beef Totchos w/Queso Sauce 20g</p> <p>Buttermilk Biscuit 30g</p> 	<p>Mashed Potato Bowl Popcorn Chicken 20g Mashed Potatoes 17g Corn 15g</p> <p>w/Whole Grain Dinner Roll 16g</p> 
<p>Macaroni + Cheese "Bar" 26g w/Whole Grain Dinner Roll 16g</p> <p>Or</p> <p>Stuffed Crust Pizza 35g</p> 	<p>Chicken Parm 13g w/Side of Pasta 50g</p> <p>Or</p> <p>Buffalo Chicken Pizza 26g</p>	<p>Lasagna 25g w/Garlic Breadstick 15g</p> <p>Or</p> <p>4 X 6 Pizza 30g</p> 	<p>Bosco Sticks 34g w/Marinara Sauce 4g</p> <p>Or</p> <p>Pizzeria Style Pizza 29g (Plain or Pepperoni)</p>
<p>Steak + Cheese on Ciabatta Roll 30g w/Onion + Peppers</p> <p>Baked Smile Fries 20g</p>	<p>Grilled BBQ Chicken 4g</p> <p>Whole Grain Cinnamon Roll 34g</p> 	<p>Spicy Chicken Patty 15g on Whole Grain Bun 27g Lettuce/Tomato</p>	<p>BBQ Beef Patty 5g Whole Grain Bun 27g</p> <p>Oven Baked Fries 15g</p>



Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th



CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in Red

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Oranges **15g**, Apples & Pears **15-25g**, 1/2C of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2C of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2C of Black Beans **20g**, 1/2 C of Garbanzo Beans, Corn, Peas **15g**, 1/2 C of Red Peppers, Carrots, Celery, Cucumbers **3g**

Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

The Sandwich Board

The Sandwich Board (Boars Head)
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**
Cheese: American, Provolone, Swiss, Pepperjack **1g**
Toppings: Lettuce, Tomato, Pickles, Banana, Peppers, Onions, Olives
2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**



Garden Greens & More



Large or Small Chef Salad **31g**
Yogurt Fruit & Granola Parfait **74g**
Hummus Plate **50g**
Weekly Sandwich Specials:
Southwest Wrap **40g**
Chicken Caesar Wrap **38g**
Antipasto Pinwheels **34g**
Kickin Chicken Wrap **46g**
Turkey BLT Wrap **36g**
Weekly Salad Specials:
Spinach Salad **38g**
Asian Salad **50g**
Chicken Caesar Salad **38g**
Mediterranean Shaker Salad **57g**

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