

# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MARCH 2026

## 3/2-3/6



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

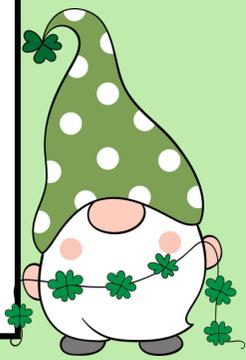
### The Main Menu

### Pasta of the Day & Pizza Oven w/Salad

### Green Wave Grill

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajitas w/Onions/Peppers Salsa/Sour Cream/Shredded Cheese 2 Wraps <b>26g</b>  Refried Beans <b>24g</b> 	Sizzler <b>31g</b> 	French Toast Sticks <b>37g</b> Sausage Patties  Smile Fries <b>20g</b> 	Burrito Bowl <b>42g</b> 	Hot Honey Beef Tot-chos w/Queso Sauce <b>20g</b> Garlic Knot <b>27g</b>  Green Beans <b>3g</b> 
Macaroni + Cheese <b>26g</b> w/Garlic Breadstick <b>16g</b>  Or  French Bread Pizza <b>33g</b> (Plain or Pepperoni)	Pasta <b>41g</b> w/Creamy Tomato Sauce <b>9g</b>  Or  Buffalo Chicken Pizza <b>26g</b> w/ Ranch Drizzle	Italian Combo Platter <b>39g</b> Marinara Sauce <b>4g</b>  Or  Mini Pizza Bagels <b>24g</b> 	Bosco Sticks <b>34g</b> w/Marinara Sauce <b>4g</b>  Or  Pizzeria Pizza <b>29g</b> (Plain or Pepperoni)	Pasta <b>9-53g</b>  Or  Pizza <b>24-35g</b>
BBQ Pulled Chicken Sliders <b>35g</b>  Baked Waffle Fries <b>15g</b> 	Hamburger or Cheeseburger on Whole Grain Bun <b>27g</b>  Baked Crinkle Fries <b>15g</b>	Spicy Chicken Patty <b>15g</b> Whole Grain Bun <b>27g</b> Lettuce, Tomato  	Rice Bowl <b>42g</b> 	Bacon Cheddar Burger on Whole Grain Bun <b>27g</b>  Baked Sweet Potato Fries <b>15g</b>

All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MARCH 2026

## 3/9-3/13



All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Chicken Dippin Sandwich  
Chicken Patty **13g**  
Whole Grain Bun **27g**



Roasted Farm Carrots **3g**

Walking Taco **34g**



**NEW ITEM**

Early Dismissal  
Sweet Cheese Pierogies **28g**  
or Buffalo Chicken Pierogies **29g**  
Garlic Knot **27g**



Waffle Fries **15g**

Delayed Opening  
Asian Chicken **23g**  
Egg Roll **19g**



Fried Rice **27g**

Mashed Potato Bowl  
Popcorn Chicken **20g**  
Mashed Potatoes **17g**  
Corn **15g**



w/Whole Grain Biscuit **16g**

Macaroni + Cheese **26g**  
Whole Grain Dinner Roll **16g**

Or

Stuffed Crust Pizza **35g**  
(Plain or Pepperoni)

Pasta w/Meatballs + Sauce **53g**

Or

Pizzeria Style Pizza **29g**  
(Plain or Pepperoni)



Early Dismissal  
Ravioli **32g**  
w/Marinara Sauce **4g**  
Dinner Roll **6g**

Or

Personal Pizza **30g**  
(Plain or Pepperoni)

Delayed Opening  
Bosco Sticks **34g**  
w/Marinara Sauce **4g**

Or

Buffalo Chicken Pizza **26g**



Pasta **9-53g**

Or

Pizza **24-35g**

Steak + Cheese Grinder **30g**  
w/ or w/o Peppers + Onions

Baked Potato Wedges **15g**

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

Baked Potato Puffs **15g**

Early Dismissal  
Spicy Chicken Patty **15g**  
Whole Grain Bun **27g**  
Lettuce, Tomato



Delayed Opening  
Nacho Chips w/Cheese Sauce **34g**

Black Bean Burger **25g**  
w/Sour Cream, Salsa + Jalapenos  
On Whole Grain Bun **27g**

Baked Spiral Fries **15g**

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

### The Main Menu

### Pasta of the Day & Pizza Oven w/Salad

### Green Wave Grill



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MARCH 2026

## 3/16-3/20



All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Pizza Crunchers 42g

Caesar Salad 5g



**Happy St. Patrick's Day**

Shamrock Nuggets

16g

Gaelic Garlic Stick

15g

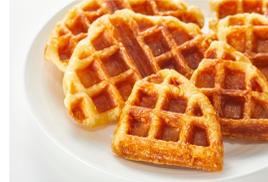
Emerald Broccoli

3g

Luck of the Irish

Cookie 22g

Waffle Bar 24g  
w/Sausage Patties



**NEW ITEM**

Cheeseburger Calzone 37g  
w/Special Sauce 2g

Buffalo Cauliflower

3g



Chicken Tenders 13g  
Garlic Breadstick 15g

Roasted Squash 3g

Macaroni + Cheese 26g  
w/Garlic Breadstick 15g

Or

Garlic French Bread Pizza 29g

**Happy St. Patrick's Day**

Shamrock Smoothie

60g

w/Hot Pretzel 30g



Or

Pizzeria Style Pizza 19g  
(Plain or Pepperoni)



Pasta Alfredo Sauce  
Penne Pasta 41g  
Alfredo Sauce 8g

Or

4X6 Pizza 30g  
(Plain or Pepperoni)



Garlic Twisted Cheese Sticks 30g  
w/Marinara Sauce 4g

Or

Pizzeria Pizza 19g  
(Plain or Pepperoni)

Pasta 9-53g



Or  
Pizza 24-35g

Warm Asian Wrap 58g



**Rodeo Burger**

Hamburger, Cheese, Onion

Ring 6g

Whole Grain Bun 27g

27g

Baked Onion Rings 32g

32g

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

Korean BBQ Garlic Glazed Chicken 4g

Garlic Knot 27g

Hamburger or Cheeseburger  
On Whole Grain Bun 27g

Baked Crinkle Fries 15g

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

The Main Menu

Pasta of the Day & Pizza Oven w/Salad



Green Wave Grill

# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MARCH 2026

## 3/23-3/27



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

**The Main Menu**

**Pasta of the Day & Pizza Oven w/Salad**

**Green Wave Grill**

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken <b>23g</b> Brown Rice <b>35g</b>  Edamame <b>7g</b> 	<b>Taco Bowl</b> Whole Wheat Wrap <b>34g</b> Seasoned Beef <b>4g</b> w/Salsa, Sour Cream, Lettuce, Tomato  Corn + Black Bean Salad <b>15g</b>	Baked Mozzarella Sticks <b>33g</b> w/Marinara Sauce <b>4g</b>  Parmesan Broccoli <b>3g</b> 	 <b>Opening Day of Baseball</b> Hot Dog <b>2g</b> Whole Grain Bun <b>25g</b> Baked Beans <b>29g</b>  Popcorn <b>9g</b>	<b>Mashed Potato Bowl</b> Popcorn Chicken <b>20g</b> Mashed Potatoes <b>17g</b> Corn <b>15g</b>  w/Whole Grain Dinner Roll <b>16g</b> 
Macaroni + Cheese <b>26g</b> w/Whole Grain Dinner Roll <b>16g</b>  Or  Personal Pizza <b>30g</b>	Chicken Parm <b>13g</b> w/Side of Pasta <b>50g</b>  Or  Buffalo Chicken <b>26g</b>	Pasta w/Meatballs + Sauce <b>53g</b>  Or  Stuffed Crust Pizza <b>35g</b> (Plain or Pepperoni)	Bosco Sticks <b>34g</b> w/Marinara Sauce <b>4g</b>  Or  Pizzeria Pizza <b>29g</b> (Plain or Pepperoni)	Pasta <b>9-53g</b>  Or  Pizza <b>24-35g</b> 
Hamburger or Cheeseburger on Whole Grain Bun <b>27g</b>  Baked Sweet Potato Fries <b>15g</b>	Chicken Club Sandwich <b>27g</b> w/Bacon, Lettuce, Tomato + Cheese Chipotle <b>7g</b> or Ranch Dressing <b>2g</b>  Baked Spiral Fries <b>15g</b>	Spicy Chicken Patty <b>15g</b> Whole Grain Bun <b>27g</b> Lettuce, Tomato  	Ham + Cheese Panini <b>32g</b> w/Roasted Red Peppers + Black Olives  (Vegetarian Available) 	Cheeseburger Panini <b>38g</b>  Oven Fries <b>15g</b> 

All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



**CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MARCH 2026**  
**3/30-3/31**



Monday

Tuesday

Wednesday

Thursday

Friday

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

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Chicken Dippin Sandwich  
 Chicken Patty **13g**  
 Whole Grain Bun **27g**  
 Dipping Sauce **6g**  
 Roasted Broccoli **3g**



Macaroni + Cheese **26g**  
 Garlic Breadstick **15g**  
 Or  
 French Bread Pizza **33g**  
 (Plain or Pepperoni)



Rice Bowl **42g**

Cheese Quesadilla **38g**  
 w/Salsa + Sour Cream  
 Refried Beans **24g**



Stuffed Shells **9g**  
 Marinara Sauce **4g**  
 w/Garlic Breadstick **15g**  
 Or  
 Pizzeria Style Pizza **29g**

BBQ Beef Pattie **5g**  
 on Whole Grain Bun **27g**  
 Baked Crinkle Fries **15g**



All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



# CARBOHYDRATE COUNTING GUIDE



All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



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

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**