

CARBOHYDRATE COUNTING AUGUST/SEPTEMBER 2026

HIGH SCHOOL

8/24-8/28

LUNCH MEAL PRICES
 REDUCED: \$0.00
 FULL PAY: \$3.10
 DELI + SPECIALTY : \$3.60



**WELCOME
BACK!**

Monday

EARLY DISMISSAL
 Pizza Crunchers
 42g

Caesar Salad 5g



Tuesday

EARLY DISMISSAL
 Baked Chicken Tenders
 13g
 Whole Grain Biscuit
 16g

Roasted Zucchini 3g



Wednesday

Cheese Quesadilla
 38g
 w/Salsa, Sour Cream

Refried Beans 24g



Thursday

Chicken Dippin
 Sandwich
 Chicken Patty 13g
 Whole Grain Bun 27g
 Dippin Sauce 6g

Local Green Beans
 3g



Friday

French Toast Sticks
 37g
 Syrup 18g
 Sausage Patties

Baked Potato Puffs
 15g



**Breakfast
is free for
all
students**

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

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
 26g
 Whole Grain Dinner
 Roll 16g
 Or
 Stuffed Crust Pizza
 35g

Smoothie 60g
 w/Hot Pretzel 30g

Or

Pizzeria Style Pizza 29g
 (Plain or Pepperoni)

Pasta w/Meatballs
 Penne Pasta 41g
 Marinara Sauce 9g
 Meatballs 4g



Or

Personal Pizza 30g

Bosco Sticks 34g
 w/Marinara Sauce
 4g
 Or

Pizzeria Style Pizza
 29g
 (Plain or Pepperoni)

Pasta 26-54g

Or

Pizza 29-35g



Green Wave Grill

Egg + Cheese on Whole
 Grain Croissant 29g
 Baked Smile Fries 20g



Hamburger or
 Cheeseburger on
 Whole Grain Bun 27g

Oven Baked Fries 15g

Spicy Chicken Patty 9g
 Whole Grain Bun 27g
 w/Lettuce + Tomato



Ham + Cheese Panini
 28g
 Roasted Red Peppers
 Black Olives

(Vegetarian Available)

Hot Dog 2g on
 Whole Grain Bun 25g

Oven Baked
 Potatoes 15g



WELCOME
BACK!

CARBOHYDRATE COUNTING AUGUST/SEPTEMBER 2026

HIGH SCHOOL

8/31-9/4

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI + SPECIALTY : \$3.60



The Main Menu

Monday

Baked Mozzarella Sticks **33g**
Marinara Sauce **4g**
Buffalo Cauliflower **3g**

Tuesday

Chicken + Waffles
Baked Chicken
Nuggets **13g**
Warm Waffle **12g**
Syrup **18g**
Corn on the Cob **10g**



Wednesday

Twisted Cheese Sticks **30g**
Marinara Sauce **4g**
Cucumbers + Tomato Salad **3g**



Thursday

Asian Dumplings **31g**
w/Dipping Sauce **2g**
Stir Fry Vegetables
w/Local Squash **3g**

Friday

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



Whole Grain Biscuit **16g**

Breakfast is free for all students

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

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese **26g**
Whole Grain Dinner Roll **16g**
Or
4X6 Pizza **30g**

Mini Cheese Ravioli **32g**
Garlic Breadstick **15g**
Or
Buffalo Chicken Pizza **26g**

Lasagna **29g**
w/Garlic Breadstick **15g**
Or
French Bread Pizza **33g**

Bosco Sticks **34g**
w/Marinara Sauce **4g**
Or
Pizzeria Style Pizza **29g**



Pasta **26-32g**
Or
Pizza **26-33g**

Green Wave Grill

Southwest Black Bean Burger **25g**
on
Whole Grain Bun **27g**
Salsa + Sour Cream + Sliced Jalapenos
Baked Spiral Fries **15g**

Grilled Cheese **27g**
(American or Jalapeno Cheese)
Cup of Soup **10g**



Spicy Chicken Patty **9g**
Whole Grain Bun **27g**
Lettuce + Tomato



Hamburger or Cheeseburger on Whole Grain Bun **27g**
Baked Crinkle Fries **15g**

Nachos w/Queso + Salsa **34g**



WELCOME
BACK!

CARBOHYDRATE COUNTING SEPTEMBER 2026
HIGH SCHOOL
9/7-9/11

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI + SPECIALTY : \$3.60

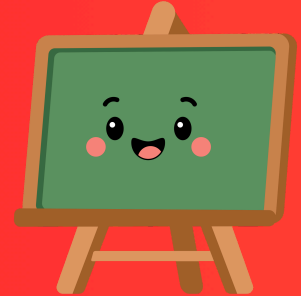


The Main
Menu

Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHOOL 	Nacho Tuesday Tostitos 30g Seasoned Beef 4g Cheese/Salsa 	 Fair Food Day Dutch Waffle 38g Corn Dog Nuggets 33g Local Watermelon 6g	Sizzler 31g 	Asian Chicken 23g Brown Rice 35g Broccoli Florets 3g 
	Pasta w/Meatballs Penne Pasta 41g Marinara Sauce 9g Meatballs 4g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Smoothie 60g w/Hot Pretzel 30g Or Stuffed Crust Pizza 35g	Bosco Sticks 34g w/Marinara Sauce 4g Or Buffalo Chicken Pizza 26g	Pasta 26-54g Or Pizza 26-35g 
	Asian Wrap 58g 	Spicy Chicken Patty 9g Whole Grain Bun 27g Lettuce + Tomato 	Grilled Wrap 31-58g 	Rodeo Burger Hamburger Cheese Onion Ring 6g Whole Grain Bun 27g Oven Baked Potato Wedges 15g

Pasta of the Day
& Pizza Oven
w/Salad

Green Wave Grill



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all
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with flavored
fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray



WELCOME
BACK!

CARBOHYDRATE COUNTING SEPTEMBER 2026

HIGH SCHOOL

9/14-9/18

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI + SPECIALTY : \$3.60



The Main Menu

Monday

Breakfast Burrito
43g



Minty Melon Salad
6g

Tuesday

Walking Taco 34g



Wednesday

Baked Potato 35g
w/Cheese Sauce 4g
Broccoli 3g

Garlic Knot 27g

Thursday

Mashed Potato Bowl
Popcorn Chicken 20g
Mashed Potatoes
17g

Corn 15g
Whole Grain Dinner
Roll 16g

Friday

Hot Dog Bar
Hot Dog 2g
on Whole Grain Bun 25g
w/Assorted Toppings

Oven Baked Crinkle
Fries 15g

Breakfast
is free for
all
students

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese 26g
Whole Grain Dinner
Roll 16g

Or

Garlic French Bread
Pizza 33g

Stuffed Shells 9g
Marinara Sauce 4g
w/Garlic Breadstick
16g

Or

Pizzeria Style Pizza 29g
(Plain or Pepperoni)

Alfredo Pasta
Penne Pasta 41g
Alfredo Sauce 8g
Garlic Breadstick 16g

Or

Personal Pizza 30g

Bosco Sticks 34g
w/Marinara Sauce 4g

or

Pizzeria Style Pizza 29g
(Plain or Pepperoni)

Pasta 26-49g



Or

Pizza 29-33g

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

Green Wave Grill

Chicken Parm Panini
43g

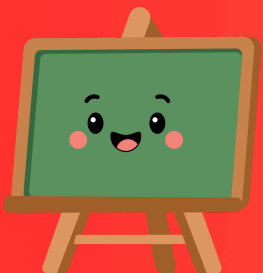
Rice Bowl 42g



Spicy Chicken Patty
9g
Whole Grain Bun
27g
Lettuce + Tomato

Bacon American
Burger on Whole
Grain Bun 27g
Baked Sweet Potato
Fries 15g

Steak + Cheese on
Ciabatta Roll 30g
w/Onions +
Peppers



**WELCOME
BACK!**

CARBOHYDRATE COUNTING SEPTEMBER 2026

HIGH SCHOOL

9/21-9/25

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI + SPECIALTY : \$3.60



Monday

NO SCHOOL



Tuesday

Baked Chicken
Tenders **13g**

Garlic Breadstick
16g

Wednesday

Cheesiest Con Queso
31g
w/Salsa + Sour Cream

Corn + Bean Salad **15g**



Thursday

Burrito Bowl **42g**



Friday

Tot-Chos
Tater Tots **21g**
Seasoned Beef **2g**
Queso **2g**
Toppings of Black
Beans, Tomato,
Onions, Salsa + Sour
Cream



Buttermilk Biscuit
16g

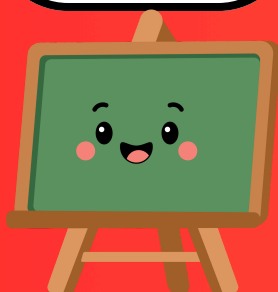
**Breakfast
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all
students**

**All Meals come
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fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray**

**The Main
Menu**

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

Green Wave Grill



Chicken Parmesan **13g**
w/Side of Pasta **25g**

Or

Buffalo Chicken Pizza
26g

Pasta w/Meatballs
Penne Pasta **41g**
Marinara Sauce **9g**
Meatballs **4g**

Or

French Bread Pizza **33g**

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

Or

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

Pasta **28-53g**

Or

Pizza **26-33g**

Nachos w/Queso
34g
+ Salsa



Spicy Chicken Patty
9g
Whole Grain Bun
27g
Lettuce + Tomato

Hot Dog **2g**
on Whole Grain Bun
25g

Oven Baked Smile
Fries **20g**

Grilled Cheese **27g**
w/American or
Jalapeno Cheese

Cup of Soup **10g**



WELCOME
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CARBOHYDRATE COUNTING SEPTEMBER 2026

HIGH SCHOOL

9/28-9/30

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI + SPECIALTY : \$3.60



The Main Menu

Monday

Pizza Crunchers 42g
Edamame 7g



Tuesday

Chicken Dippin
Sandwich
Chicken Patty 13g
Whole Grain Bun 27g
Dippin Sauce 6g
Glazed Carrots 5g

Wednesday

Mini Maple Pancakes 37g
Sausage Patties
Baked Smile Fries 20g

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese 26g
Whole Grain Dinner Roll 16g

Or

Stuffed Crust Pizza 35g

Ravioli Primavera 16g
Garlic Breadstick 16g

Or

Pizzeria Style Pizza 29g
(Plain or Pepperoni)

Smoothie 60g
w/Hot Pretzel 30g

Or

4 X 6 Plzza 30g

Vegetable Harvest of the Month:
Green/Purple/Yellow Beans
String Beans are High in Fiber,
Vitamin K, Vitamin C and Folate

Fruit (Watermelon) Harvest of the Month:
Watermelon is High in Lycopene,
Vitamin A & C, Potassium

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with flavored
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Green Wave Grill

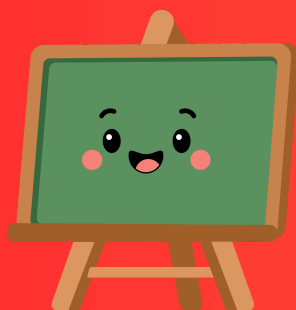
Chicken Club Sandwich
Unbreaded Chicken
Breast
WG Bun 27g
Bacon, Cheese, Lettuce,
Tomato,
Ranch 2g or Chipolte
Sauce 7g

Oven Baked Sweet
Potato Fries 15g

Southwest Black
Bean Burger 25g
Whole Grain Bun 27g
Salsa, Sour Cream,
Sliced Jalapeno

Oven Baked Crinkle
Fries 15g

Spicy Chicken Patty 9g
Whole Grain Bun 27g
Lettuce + Tomato



**WELCOME
BACK!**

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, Garbanzo Beans **20g**, 1/2 C of Red Peppers, Carrots, Celery, Cucumbers **3g**

Milk Choices Unflavored **13g**, Strawberry **18g**, Chocolate **18g**

Vegetable Harvest of the Month:
Green/Purple/Yellow Beans
String Beans are High in Fiber, Vitamin K, Vitamin C and Folate

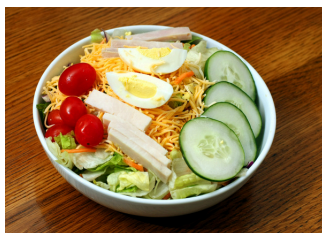
Fruit (Watermelon) Harvest of the Month:
Watermelon is High in Lycopene, Vitamin A & C, Potassium

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**, FlatBread **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**
Chicken Caesar Salad **38g**

