



Carbohydrate Counting August/September 2026

Sarah Noble

WELCOME BACK!



LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$2.85

Alternate Lunch Options
Offered Daily:

Charcuterie Lunch **33g**

Whole Wheat Bagel **30g**

or Cereal **21-24g**

Low Fat Yogurt **19g**
Cheese Stick **1g**

Yogurt Parfait w/
Homemade Granola **74g**
Chef Salad w/Crackers **31g**

Sunbutter w/ Jelly on
Whole Wheat Bread **52g**

or
Deli Bar Choices

Ham, Turkey **2g**
Tuna
Salami/Pepperoni **1g**
American, Provolone or
Pepper Jack Cheese **1g**

Whole Wheat **25g**
10 Inch Wrap **34g**
Kaiser Roll **27g**
Ciabatta Roll **30g**

Monday

24
EARLY DISMISSAL

Pizza Crunchers **42g**

Steamed Edamame **7g**



31
Baked Mozzarella
Sticks **33g**
Marinara Sauce **4g**
Sweet Peas **15g**

7
NO SCHOOL



Tuesday

25
EARLY DISMISSAL

Cheese Quesadilla **38g**
w/Salsa

Refried Beans **24g**



1
TACO TUESDAY
Seasoned Beef **4g**
Corn Tacos **18g**
Cheese/Lettuce
Tomato/Salsa

Corn + Black Bean
Salad **15g**

8
Baked Chicken Patty **13g**
on Whole Grain Bun **27g**



Baked Crinkle Fries **15g**

Wednesday

Baked Chicken **26**
Tenders **13g**
WG Dinner Roll **16g**

Local Green Beans **3g**



2
Mini Ravioli **32g**
w/Marinara Sauce **4g**

Roasted Local
Zucchini **3g**



9
FAIR FOOD DAY
Dutch Waffle **38g**
Corn Dog Nuggets **33g**

Local Watermelon **6g**



Thursday

27
**BREAKFAST
FOR LUNCH**

French Toast Sticks **37g**
Sausage Patties



Baked Potato Puffs **15g**

3
Chicken + Waffles
Baked Chicken Nuggets
13g
Warm Waffle **12g**

Local Corn on the cob
10g



10
Asian Chicken **19g**
Brown Rice **35g**



Broccoli Florets **3g**

Friday

Pizza Bagel **35g**

Tossed Salad **3g**



4
Stuffed Crust Pizza **35g**
(Plain or Pepperoni)

Spinach + Strawberry
Salad **5g**

11
Personal Pizza **30g**

Caesar Salad **5g**



**Breakfast
is free for
all
students**

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

Vegetable Harvest of the Month:

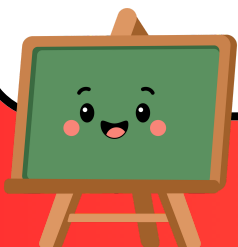
Green/Purple/Yellow Beans
String Beans are high in:
Fiber, Vitamin K, Vitamin C and Folate

Fruit (Watermelon) Harvest of the Month:

Watermelon is high in:
Lycopene, Vitamin A & C, Potassium



Menu subject to change-This institution is an equal opportunity provider





Carbohydrate Counting September 2026

Hill & Plain and Northville



Alternate Lunch Options
Offered Daily:

Charcuterie Lunch **33g**

Whole Wheat Bagel **30g**

or Cereal **21-24g**

Low Fat Yogurt **19g**
Cheese Stick **1g**

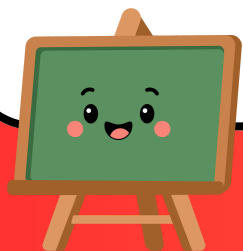
Yogurt Parfait w/
Homemade Granola **74g**
Chef Salad w/Crackers **31g**

Sunbutter w/ Jelly on
Whole Wheat Bread **52g**

or
Deli Bar Choices

Ham, Turkey **2g**
Tuna
Salami/Pepperoni **1g**
American, Provolone or
Pepper Jack Cheese **1g**

Whole Wheat **25g**
10 Inch Wrap **34g**
Kaiser Roll **27g**
Ciabatta Roll **30g**



Lunch Meal Prices
Reduced: \$0.00
Full Pay: \$2.85

Monday

14
Macaroni + Cheese **26g**
Glazed Carrots **5g**



28
Bosco Sticks **34g**
w/Marinara Sauce **4g**
Garden Green Beans **3g**



Tuesday

15
Baked Popcorn
Chicken **20g**
WG Dinner Roll **16g**
Roasted Cauliflower **3g**



22
Hot Dog **2g** on Whole
Grain Bun **25g**

Vegetarian
Baked Beans **29g**

29
Nacho Tuesday
Chicken Nachos **19g**
w/Salsa
Golden Corn **15g**

Wednesday

16
Strawberry
Smoothie **60g**
Hot Pretzel **30g**



23
Penne Pasta **31g**
w/Meatballs **4g**
Sauce **4g**



Parmesan Broccoli **3g**

30
Egg + Cheese on Whole
Grain Croissant **29g**
Baked Smile Fries **20g**



Thursday

17
Hamburger or
Cheeseburger on Whole
Grain Bun **27g**
Pasta Salad w/Summer
Squash **10g**

24
Grilled Cheese **27g**



Mediterranean
ChickPea Salad **15g**



Friday

18
French Bread
Pizza **33g**
Local Kale Yeah Salad **5g**



25
Pizza **26-35g**



Caesar Salad **5g**



**Breakfast
is free for
all
students**

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

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





Carbohydrate Counting Guide



Grams of
Carbohydrates
are in Red

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 Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery, Cucumbers 3g

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

Grams of Carbohydrates in Condiments Packets: Ketchup 3g, Package of Ken's Ranch 2g, Package of Ken's Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

