CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU NOVEMBER 2026

11/2-11/6

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Baked Chicken Nuggets 13g Texas Toast 14g Buffalo Cauliflower 3g	**No School**	BBQ Ribs 5g on Whole Grain Bun 29g Side of Macaroni + Cheese 9g Baked Beans 29g	**Early Dismissal** French Toast Sticks 37g Sausage Patties Baked Potato Puffs 15g	Asian Chicken 23g Fried Rice 54g Vegetable Stir Fry 3g
Pasta of the Day & Pizza Oven w/Salad	Macaroni + Cheese 26g w/Whole Grain Dinner Roll 18g or Garlic French Bread Pizza 33g		Lasagna 29g w/Garlic Breadstick 15g or Peronal Pizza 30g	**Early Dismissal** Bosco Sticks 34g w/Marinara Sauce 4g or Pizzeria Style Pizza 29g (Plain or Pepperoni	Pasta 26-29g or Pizza 29-33g
Green Wave Grill	Grilled BBQ Chicken 4g Garlic Knot 27g		Spicy Chicken Patty 15g on Whole Grain Bun 29g Lettuce + Tomato	**Early Dismissal** Nachos w/Cheddar Cheese Sauce + Salsa 34g	Rodeo Burger Hamburger or Cheeseburger Onion Ring 6g Whole Grain Bun 29g Oven Baked Smile Fries 20g

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

BREAKFAST IS FREE FOR STUDENTS K-12

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

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

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

NOVEMBER 2026

11/9-11/13

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Pulled BBQ Chicken Sliders 36g Baked Crinkle Fries 15g 	Hot Honey Beef Nachos w/Queso 46g  Fiesta Beans 22g	Veterans Day  **No School**	Sizzler 34g 	Mashed Potato Bowl Popcorn Chicken 20g Mashed Potatoes 15g Corn 15g w/Whole Grain Dinner Roll 18g
Pasta of the Day & Pizza Oven w/Salad	Macaroni + Cheese 26g w/Whole Grain Dinner Roll 18g or Stuffed Crust Pizza 35g	Pasta w/Meatballs Penne Pasta 41g Marinara Sauce 4g Meatballs 4g or Pizzeria Style Pizza 29g (Plain or Pepperoni)		Bosco Sticks 34g w/Marinara Sauce 4g or Buffalo Chicken Pizza 26g	Pasta 26-49g or Pizza 26-35g 
Green Wave Grill	Hamburger or Cheeseburger on Whole Grain Bun 27g Baked Sweet Potato Fries 15g	Grilled BBQ Chicken 4g Garlic Knot 27g		Asian Wrap 58g 	Cheeseburger Panini 35g 

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CARBOHYDRTE COUNTING HIGH SCHOOL LUNCH MENU

NOVEMBER 2026

11/16-11/20

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Baked Mozzarella Sticks 33g Marinara Sauce 4g Steamed Edamame 7g 	Burrito Bowl 42g 	Totchos Tater Tots 21g Seasoned Beef 2g Queso 2g Toppings of Black Beans, Tomato, Onions, Salsa and Sour Cream Warm Garlic Knot 27g 	**Thanksgiving Gathering** Sliced Turkey w/Gravy 4g Mashed Potatoes 15g Roasted Butternut Squash 10g Cranberry Sauce 6g Pumpkin Bread 43g	Cheese Quesadilla 34g w/Salsa + Sour Cream Refried Beans 24g
Pasta of the Day & Pizza Oven w/Salad	Macaroni + Cheese 26g w/Dinner Roll 18g Or Personal Pizza 30g	Pasta 41g w/Alfredo Sauce 8g Kale Salad w/Local Honey Balsamic Dressing 3g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Smoothie 60g w/Hot Pretzel 30g Or  French Bread Pizza 33g	Bosco Sticks 34g w/Marinara Sauce 4g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 26-49g or Pizza 29-33g
Green Wave Grill	Rice Bowl 42g 	**Chicken Club Sandwich** Grilled Chicken on a Whole Grain Bun 29g w/Bacon, Lettuce, Tomato, Cheese Ranch 2g or Chipotle Dressing 7g Baked Crinkle Fries 15g	Spicy Chicken 15g on Patty on Whole Grain Bun 30g Lettuce + Tomato	Southwest Black Bean Burger 25g on Whole Grain Bun 29g w/Salsa, Sour Cream + Jalapenos Baked Spiral Fries 15g	Bacon American Burger on Whole Grain Bun 29g Emotican Fries 20g 

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

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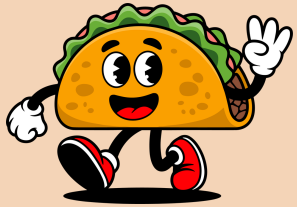
CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

NOVEMBER 2026

11/23-11/27

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Mashed Potato Bowl Popcorn Chicken 20g Mashed Potatoes 15g Corn 15g w/Whole Grain Dinner Roll 18g	Walking Taco 34g 	**Early Dismissal** Pizza Crunchers 42g Caesar Salad 5g	Happy Thanksgiving	
Pasta of the Day & Pizza Oven w/Salad	Macaroni + Cheese 26g w/Whole Grain Dinner Roll 18g Or  Stuffed Crust Pizza 35g	Chicken Parmesan 13g w/Side of Pasta 25g Or Buffalo Chicken Pizza 26g	**Early Dismissal** Mini Ravioli Primavera 32g w/Whole Grain Roll 18g or French Bread PIzza 33g		
Green Wave Grill	Grilled Cheese 26g w/Cup of Soup 10g	Hamburger or Cheeseburger on Whole Grain Bun 29g  Baked Oven Fries 15g	**Early Dismissal** Spicy Chicken Patty 15g Whole Grain Bun 29g Lettuce + tomato		

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

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU
NOVEMBER 2026
11/30





Monday

The Main Menu

Chicken Dippin Sandwich
Chicken Patty 13g
Whole Grain Bun 29g
Chicken Dippin Sauce 6g



Roasted Broccoli 3g



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese 26g
w/Whole Grain Dinner Roll 18g

Or

4 X 6 Pizza 30g

Green Wave Grill

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

Baked Potato Puffs 15g



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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

LUNCH MEAL PRICES
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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 24g, Wrap 28g, FlatBread 28g, Kaiser Roll 44g

BREAKFAST IS FREE FOR STUDENTS K-12

Garden Greens & More

Large or Small Chef Salad 31g
Yogurt Fruit & Granola Parfait 74g
Hummus Plate 50g
Weekly Sandwich Specials:
Southwest Wrap 36g
Chicken Caesar Wrap 32g
Antipasto Pinwheels 28g
Kickin Chicken Wrap 40g
Turkey BLT Wrap 35g
Weekly Salad Specials:
Spinach Salad 38g
Asian Salad 50g
Chicken Caesar Salad 38g
Mediterranean Shaker Salad 57g
Chicken Caesar Salad 38g

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