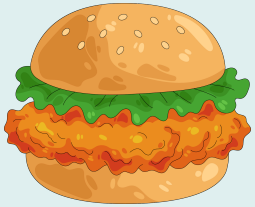
CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

DECEMBER 2026

12/1-12/4

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu		Fried Dough 26g w/Marinara Sauce 4g Shredded Cheddar Caesar Salad 5g	French Toast Sticks 37g Sausage Patties Baked Potato Puffs 15g	NEW Beef 14g + Broccoli 3g Brown Rice 35g 	Sizzler 34g 
Pasta of the Day & Pizza Oven w/Salad		Meatball Sliders 36g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Stuffed Shells 9g w/Garlic Breadstick 15g Or 4 X 6 Pizza 30g	Bosco Sticks 34g w/Marinara Sauce 4g Or Buffalo Chicken Pizza 26g	Pasta 9-36g Or Pizza 26-30g
Green Wave Grill		Nachos w/Queso 34g + Salsa 	Spicy Chicken Patty 15g on Whole Grain Bun 29g Lettuce + Tomato 	Asian Wrap 58g 	Rodeo Burger Hamburger or Cheeseburger Onion Ring 6g Whole Grain Bun 29g Baked Oven Fries 15g 

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

BREAKFAST IS FREE FOR STUDENTS K-12

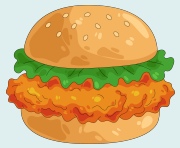
All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray

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

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

DECEMBER 2026

12/7-12/11

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Baked Potato 30g w/Cheese Sauce 4g Garlic Knot 27g Broccoli 3g	Taco Bowl 32g 	Baked Pizza Crunchers 42g Roasted Zucchini 3g 	**Early Dismissal** Asian Chicken 23g Brown Rice 35g Diced Carrots 3g	**Mashed Potato Bowl** Popcorn Chicken 20g Mashed Potatoes 15g Corn 15g  w/Dinner Roll 18g
Pasta of the Day & Pizza Oven w/Salad	NEW Cavatappi Macaroni + Cheese 27g w/Garlic Breadstick 15g Or Stuffed Crust Pizza 35g	Chicken Parm Grinder 43g Or Pizzeria Style Pizza 29g (Plain or Pepperoni) 	Lasagna 29g w/Texas Toast 14g Or Personal Pizza 30g	**Early Dismissal** Bosco Sticks 34g w/Marinara Sauce 4g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 27-43g Or Pizza 29-35g
Green Wave Grill	Grilled BBQ Chicken 4g  Warm Garlic Knot 27g	Hamburger or Cheeseburger on Whole Grain Bun 29g Baked Potato Puffs 15g	Spicy Chicken Patty 15g on Whole Grain Bun 29g Lettuce + Tomato 	**Early Dismissal** Ham + Cheese Panini 28g w/Roasted Red Peppers + Olives (Vegetarian Available)	Texas Toast Grilled Cheese 28g  Warm Soup 10g

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DELI + SPECIALTY: $3.60

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

DECEMBER 2026

12/14-12/18

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Baked Chicken Tenders 13g Texas Toast 14g Roasted Beets 5g	Walking Taco 34g 	Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Caesar Salad 5g 	**Holiday Dinner** Slice Turkey or Roasted Chicken w/Gravy 4g Mashed Potatoes 15g Roasted Squash 3g Cranberry Sauce 6g Dinner Roll 18g Festive Cookie 22g	Burrito Bowl 42g 
Pasta of the Day & Pizza Oven w/Salad	NEW Cavatappi Macaroni + Cheese 27g w/Whole Grain Roll 18g Or French Bread Pizza 33g	Smoothie 60g w/Hot Pretzel 30g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta w/Meatballs + Sauce Penne Pasta 41g Meatballs 4g Marinara Sauce 4g Or Stuffed Crust Pizza 35g	Bosco Sticks 34g w/Marinara Sauce 4g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 27-49g Or Pizza 29-35g
Green Wave Grill	Cheeseburger Panini 32g Baked Spiral Fries 15g	Rice Bowl 42g 	Spicy Chicken Patty 15g on Whole Grain Bun 29g Lettuce + Tomato	Bacon American Burger on Whole Grain Bun 29g Oven Potato Wedges 15g	**Grilled Chicken Club Sandwich** Grilled Chicken on a Whole Grain Bun 29g w/Bacon, Lettuce, Tomato, Cheese Ranch 2g or Chipotle Dressing 7g Baked Oven Fries 15g

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

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU

DECEMBER 2026

12/21-12/23



	Monday	Tuesday	Wednesday
The Main Menu	**First Day of Winter** Chilly Night Chili 11g Cornbread Poppers 39g Jolly Snowman Cup 25g	**Chicken Dippin Sandwich** Chicken Patty 13g Whole Grain Bun 29g Chicken Dippin Sauce 6g Baked Sweet Potato Fries 15g	**Early Dismissal** Chicken + Cheese Quesadilla 38g w/Salsa, Sour Cream Fiesta Beans 22g
Pasta of the Day & Pizza Oven w/Salad	Macaroni + Cheese 26g w/Garlic Breadstick 15g Or French Bread Pizza 33g	 Mini Cheese Ravioli 32g w/Garlic Breadstick 15g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	**Early Dismissal** Pasta 26-32g Or Pizza 29-33g 
Green Wave Grill	Egg, Cheese + Hashbrown 15g on Whole Grain Croissant 29g Baked Smile Fries 20g	**Early Dismissal** Southwest Black Bean Burger 25g on Whole Grain Bun 29g w/Salsa, Sour Cream + Jalapenos	**Early Dismissal** Spicy Chicken Patty 15g on Whole Grain Bun 29g Lettuce + Tomato



Happy Holidays from the Food & Nutrition Department

Holiday Recess From December 24th - January 3rd





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FULL PAY: $3.10
DELI + SPECIALTY: $3.60

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CARBOHYDRATE COUNTING GUIDE

Grams of Carbohydrates are in Red

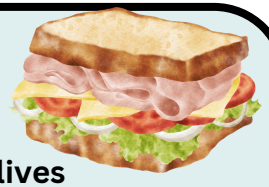
All Meals include your choice of Milk, Fruit and any Vegetables for the Day!
Bananas 15g, Oranges 15g, Apples & Pears 15-25g, 1/2C of Peaches, Grapes, Mixed Fruit 15g, Unsweetened Apple Sauce 12g, 1/2C of Melon 6g, 4 oz of Juice 15g, Craisins 27g, Raisins 32g, Fresh Apple Slices 8g, 1/2C of Black Beans,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

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

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

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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