

Menu Item	Carb Count	Allergies	Allergy Legend
			D- Dairy
Entrees			W-Gluten
Pork BBQ Sliders	56.2g	S, W	E- Egg
Big Sky Ranch Salad	43.8g	W,S,D	P-Peanuts
Sesame Chicken Lo mein	64.4g	W,S,SES	F-Fish
Philly Cheese Steak Sandwich	33.9g	D,W,S	G-Shellfish
Cajun Chicken Pasta Bake	56.6g	W,S,D	N-Nuts
Bacon and Egg Breakfast Bowl	22.5g	E, D, S	SES - Sesame
Chicken Parmesan with Spaghetti	62g	W,D,S	S- Soy
Roast Turkey w/ Mash Pot and Gravy	31.7g	W,D	
Twin Tacos with Beef, Lettuce and Salsa	20.9g	S, W, D	
Chicken and Broccoli Alfredo	48.9g	W,D,S	
General Tso'z Chicken	54.3g	W,S,D	
Mac and Cheese	32.9g	W,D,E,S	
Cheesy Chicken Chowder Bowl	52.5g	W,D,S	
Baked Pork Chop with Gravy	16.1g	D, W,S,E	
Chicken Fajitas with Assorted Toppings	31.2g	W,D	
Nachos, Beef taco, Scoops w/ Assorted Toppings	25.1	S,D	
Potato and Popcorn Chicken Bowl	62.9g	D,W,S	
Spaghetti and Meatballs w/ breadstick	56.7g	W,S,E,D	
Meatloaf with Gravy	5.6g	D,W,S,E	
Curry Chicken over Rice	78.4g	N, D	

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not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<u>Pizza and Pasta</u>			All Pizzas May Contain Egg or Sesame
Cheese Pizza	45.3g	W,E,S,D. SES	
Pepperoni Pizza	45.4g	W,E,S,D. SES	
Veggie Pizza	45.3g	W,E,S,D. SES	
Philly Cheese Steak Pizza	45.1g	W,E,S,D. SES	
Sausage Pizza	44.4g	W,E,S,D. SES	
Buffalo Chicken Pizza	49.6g	W,E,S,D. SES	
Ham and Cheese Stromboli	43.7g	W,E,S,D. SES	
White Pizza	43.5g	W,E,S,D. SES	
Supreme Pizza	46.4g	W,E,S,D. SES	
Taco Pizza	44.6g	W,E,S,D. SES	
Meatball Pizza	45.5g	W,E,S,D. SES	
Chicken Bacon Ranch Pizza	45.6g	W,E,S,D. SES	
BBQ Chicken Pizza	45g	W,E,S,D. SES	
Garlic Chicken Pizza	41.9g	W,E,S,D. SES	
Hawaiian Pizza	45.7g	W,E,S,D. SES	
<u>Strutters or Grill (Middle Schools)</u>			
Chicken Patty Sandwich	33g	D,S,W	
Chicken Nuggets	11.2g	D,W,S	
Chicken Fries	8.7g	W,SES,S,E	
Popcorn Chicken	21.1g	D,W,S	
Grilled Chicken Patty Sandwich	23g	W,S	
Buffalo Grilled Chicken Sandwich	23g	W,S	
Chicken Bacon Ranch Sliders	43.5g	W,S,E,D	
BBQ Grilled Chicken Sandwich	28.2g	W,S	
Sweet and Spicy Grilled Chicken Sandwich	31.6g	W,S	
Chicken Caesar Sliders	46g	W,S,F,D	

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Sweet and Spicy Chicken Sliders	51.6g	W,S
<u>Fast Takes or Grab n Go</u>		
Chicken Salad	2g	E, S
Tuna Salad	2.4g	F,S,E
Hawaiian Chicken Salad	2.8g	S,E
Egg Salad	3.2g	E,S
Turkey Salad	3.3g	S,E
Chef Salad	8.4g	D
Turkey and cheese on Wheat	23.9g	W,S,D
Chicken Salad Sandwich	26.2g	W,S,E, D
Buffalo Chicken Salad Wrap	35.9g	W,S,D,E
3-D PB&J Salad	64.5g	P, W, S
Garden salad with Tuna	17g	D, F, E, S
Bologna and Cheese on Wheat	39.8g	D,W,S
Tuna Salad Wrap	41g	F, S, W, E
Loco Taco Salad	24.8g	D, S, W
Turkey Salad on Kaiser Roll	28.6g	D,W,S, E
Italian Wrap	37g	W,S,D
Oriental Chicken Salad	7.3g	W,S, D, SES
Ham and Cheese on wheat	28.4g	W,S,D
Egg Salad Wrap	36.9g	E,W,S,D

Sides		
Baked Beans	25.6g	
Carrot Sticks	5.8g	
Carrot Snack Packs	3.7g	
Caesar Salad Bowl	8.8g	F, S, D, W
Corn	15.8g	
Fresh Raw Broccoli	3.1g	
Garden Salad	1.4g	
Green Beans	4.4g	
Cucumbers	.5g	
Oven Roasted Potatoes	19.9g	W
Celery Sticks	2.2g	
Mixed Vegetables	8.2g	
Cherry Tomatoes	2.9g	
Peas and Carrots	8.1g	
Steamed Broccoli	5.6g	
Refried Beans	18g	S
Peas	11.4g	
Steamed Carrots	5.6g	
Garlic Spinach	4.9g	
Mexican Black Beans	16.8g	S
Apples	14.6g	
Oranges	11.3g	
Bananas	23.1g	
Peaches	18.3g	
Pears	19g	

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