



# March 2012

## Visintainer Middle School

### Lunch Menu



Mon	Tue	Wed	Thu	Fri
Lunch price: \$2.75 Extra milk: 50¢  Menu is subject to change.	Available daily: Deli or tuna sub Peanut butter and jelly sandwich  Milk, fruit and vegetable are served with every lunch.	Lunches can be paid in advance at the school cafeteria.	1 Tangy chicken with rice Hot ham and cheese sandwich Broccoli Pineapple	2 French toast sticks with sausage Tony's pizza Hash brown Orange juice
5 Foot long hot dog Cheeseburger on a bun Oven fries Baked beans Apple slices	6  <b>No School</b>	7 New York breadstick with meat sauce Chicken patty sandwich Tossed salad with dressing Peaches	8 Salisbury steak with roll Tony's pizza Buttered noodles Corn Mandarin oranges	9 Stuffed crust pizza Sloppy Joe on a bun Oven fries Green beans Assorted fruit
12 Spicy chicken sandwich Steak-um sandwich Scalloped potatoes California blend vegetables Pears	13 Whatta pizza Cheeseburger on a bun Oven fries Tossed salad with dressing Pineapple	14 Ravioli with breadstick Mexican pizza Tossed salad with dressing Fresh fruit	15 Chicken nuggets with roll Tony's pizza Mashed potatoes and gravy Baby carrots Applesauce	16 Nachos with meat and cheese Chicken patty sandwich Black bean salad Assorted fruit
19 Mini corn dogs Toasted cheese sandwich Tomato soup Peaches	20 Whatta pizza Cheeseburger on a bun Oven fries Tossed salad with dressing Mandarin oranges	21 Chicken parmesan sandwich Soft taco Green beans Mixed fruit	22 Lasagna with breadstick Mexican pizza Tossed salad with dressing Pears	23 Chicken fajita Tony's pizza Corn Assorted fruit
26 Manager's choice	27 Whatta pizza Cheeseburger on a bun Oven fries Tossed salad with dressing Peaches	28 Meatball sub with cheese Deli wrap Corn Applesauce	29 Popcorn chicken with roll Tony's pizza Mashed potatoes and gravy Baby carrots Fresh fruit	30 Macaroni and cheese with roll Mexican pizza Green beans Assorted fruit

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Below is a list of carbohydrate grams for some of our more popular food choices. This is an approximate carb list.

Corn dog	22 grams each
Foot long hot dog (no bun)	2 grams
Mexican pizza	35 grams per slice
Tony's cheese pizza	32 grams per slice
Whatta Pizza (cheese)	48 grams per slice
Chicken patty (no bun)	17 grams each
Chicken nuggets	15 grams per serving of 5
Chicken strips/fries	12 grams per serving (8 fries or 4 strips)
Tater tots (baked)	9 grams per serving of 2 ounces
Ravioli	33 grams per serving of 2 ounces
Meatballs	3 grams per serving of 2 ounces
N.Y. breadsticks & sauce	23 grams per breadstick (we serve 2) 7 grams for sauce serving of 2 ounces
Mashed potatoes and gravy	47 grams per 2 ounce serving
Oven fries	20 grams per 4 ounce serving
Tortilla (6")	15 grams each (used for fajitas, soft taco and sandwiches)
Tortilla (8")	21 grams each
Taco meat filling	10 grams per serving of 2 ounces
Rib-B-Q	7 grams each
American cheese	2 grams per one ounce
Peanut butter	6 grams for 2 tablespoons
Jelly	13 grams per tablespoon
French toast sticks	30 grams per serving of four sticks
Stuffed crust pizza	52 grams per wedge
Popcorn chicken	8 grams per serving of 14 pieces
Cheese filled breadsticks	16 grams per 1 stick

A student lunch consists of:

- 2 ounces of meat or meat alternate (protein)
- 1 serving of bread minimum
- $\frac{3}{4}$  cup total fruit/vegetable combination
- 8 ounces of fluid milk

The bread serving may be a dinner roll, hamburger roll, hot dog roll or slice of bread depending on the main entrée. To the best of my knowledge two slices of bread or a roll average 22 grams of carbohydrate.

Vegetables and fruit are offered every day and we try to provide a variety. At the middle school level the specific fruit or vegetable is not preselected and printed on the menu. To the best of our knowledge  $\frac{1}{2}$  cup of canned fruit in light syrup averages 14 grams carbohydrates,  $\frac{1}{4}$  cup canned vegetable averages 2-3 grams of carbohydrate, with green peas having approximately 6 grams per  $\frac{1}{4}$  cup.

Eight ounces of white milk contains 12 grams carbohydrate and 8 ounces of 1% chocolate milk contains 26 grams of carbohydrate.

Four ounces of juice has approximately 13 grams of carbohydrate.

The student will also need to consider items such as ketchup, mustard, salad dressing, etc. that are not listed above. Also, an elementary school student may refuse one component and middle and high school students may refuse two components of a full lunch. This will, however, affect the total carbohydrate count.

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