



# March 2012 Willetts Middle School Lunch Menu



Mon	Tue	Wed	Thu	Fri
Lunch price: \$2.75 Extra milk: 50¢  Breakfast is available daily 8:00—8:20	Milk, fruit and vegetable are served with every lunch.  Sub sandwiches and salads are available daily.	Lunches can be paid in advance at the school cafeteria.  Menu is subject to change.	1 Walking taco Refried beans Tony's cheese pizza Hamburger on a bun Strawberries	2 Fish sandwich on a bun Whatta pizza Tossed salad with dressing Apple turnover
5 Rib-B-Que Green beans Stuffed crust pizza Chicken patty sandwich Mandarin oranges	<b>No School</b>	7 Foot long hot dog Oven fries Mexican pizza Chicken patty sandwich Pears	8 Chicken nuggets Mashed potatoes and gravy Tony's cheese pizza Hamburger on a bun Peaches	9 Fish sandwich on a bun Whatta pizza Tossed salad with dressing Applesauce cup
12 Steak-um sandwich Mixed vegetables Stuffed crust pizza Chicken patty sandwich Cinnamon applesauce	13 New York breadstick with meat sauce Tony's cheese pizza Hamburger on a bun Corn Fresh fruit	14 Corn dog Oven fries Mexican pizza Chicken patty sandwich Mandarin oranges	15 Salisbury steak Mashed potatoes and gravy Tony's cheese pizza Hamburger on a bun Pears	16 Fish sandwich on a bun Whatta pizza Tossed salad with dressing Apple turnover
19 Meatball sub Corn Stuffed crust pizza Chicken patty sandwich Peaches	20 Pasta with meat sauce Tony's cheese pizza Hamburger on a bun Strawberries	21 Toasted cheese Soup Mexican pizza Chicken patty sandwich Pineapple	22 Soft taco Rice Tony's cheese pizza Hamburger on a bun Fresh fruit	23 Fish sandwich on a bun Whatta pizza Tossed salad with dressing Applesauce cup
26 Bar-B-Que pork sandwich Mixed vegetables Stuffed crust pizza Chicken patty sandwich Rosie applesauce	27 Deli sub Baked beans Tony's cheese pizza Hamburger on a bun Mandarin oranges	28 Chef salad with breadstick Soup Mexican pizza Chicken patty sandwich Pears	29 French toast with sausage Orange juice Tony's cheese pizza Hamburger on a bun Peaches	30 Whatta pizza Tossed salad with dressing Gelatin cups

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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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