

December 2022

Transylvania County Schools-Carb Counts

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

The month of December originally had just 30 days according to the early Roman calendar.

5
Breakfast
Cereal, Fresh Fruit
Lunch: Mozzarella Cheese Sticks 30g
Marinara Dip 4g
Garden Salad 5g
Seasoned Green Beans 5g
Mixed Fruit 17g

6
Breakfast
Breakfast Pizza, 31g
Dried Fruit 28g
Lunch
Beef Burrito 25g
Pinto Beans 23g
Golden Corn 16g
Fresh Fruit

7
Breakfast
Sausage Biscuit, 22g
Applesauce Cup 14g
Lunch
Chicken 13g & Waffle 43g
Collard Greens 4g
Sweet Potatoes 24g
Fresh Fruit

1
Breakfast
Breakfast Muffin, 45g
Fruit Cup
Lunch: Cheese Pocket 28g
w/ Marinara Dip 4g,
Carrots Sticks w/ Ranch
Dip, 11g Garden Salad 5g
Fresh Fruit

2
Breakfast
Maple Pancakes, 36g
Fresh Fruit
Lunch: Mashed Potato Bowl
14g, Popcorn Chicken 15g
Biscuit w/ Pepper Gravy 29g
Golden Corn 16g
Sliced Peaches 14g

8
Breakfast
Cinnamon French
Toast Sticks, 38g, Fruit Cup
Lunch
Spaghetti & Meat Sauce
47g Texas Toast, 14g
Caesar Salad 10g
Steamed Broccoli 4g
Fresh Fruit

9
Breakfast
Strawberry Bagel 42g
Fresh Fruit
Lunch
Hot Dog w/ Chili 40g
Coleslaw 5g
Baked Beans 49g
Baked Apples 27g

12
Breakfast
Breakfast Bread 45g
Fresh Fruit
Lunch
Cheese or Pepperoni Pizza,
32g; Garden Salad 5g
Seasoned Green Beans 5g
Mixed Fruit, 17g

13
Breakfast
Berry Waffles 37g
Dried Fruit 28g
Lunch: Grilled Chicken
Sandwich 30g, Tator Tots
16g, Baby Carrots w/ Dip
11g, Fresh Fruit

14
Breakfast: Ham and Cheese
Croissant 32g, Pineapple
Tidbits 19g
Lunch: Fish Sticks 22g
Mac and Cheese 31g
Garden Salad 5g
Black-eyed Peas 21g
Diced Pears 16g

15
Breakfast: Baked Cinnamon
Roll 36g, Fruit Cup
Lunch: Oven Roasted Chicken
Whole Grain Breadstick 14g
Mashed Potatoes w/ Gravy
14g
Green Peas 11g Fresh Fruit

16
Breakfast
Pancake Sausage Stick
17g Fresh Fruit
Lunch
Cheeseburger 32g
French Fries 20g
Green Peas 11g
Sliced Peaches 14g

19
Breakfast: Super Protein
Donut 37g, Fresh Fruit
Lunch
Cheese Pocket 28g w/
Marinara Dip 4g, Garden
Salad 5g, Seasoned Green
Beans 5g, Mixed Fruit, 17g

20
Breakfast
Breakfast Muffin, 45g
Fruit Cup
Lunch
Chicken Sandwich 43g
French Fries 20g
Glazed Carrots 11g
Diced Pears 16g

21
Holiday

22
Holiday

23
Holiday

26

27

28

29

30

Winter Break

Milk, 1% Unflavored 13g
Milk, 1% Chocolate 20g

Cereal, 1oz
Marshmallow Matey 21g
Frosted Shredded Straw 23g
Cheerios 21g
Cinnamon Toasters 21g
Lucky Charms 23g

100% Fruit Juice, 4oz
Apple 14g
Orange 15g
Fruit Blend 14g
Grape 19g
Orange-Pineapple 14g
Black Cherry 22g

Fresh Fruit
Apple 22g
Banana 31g
Orange 17g
Grapes 14g

Canned or Cup Fruit
Applesauce 14g
Strawberry Applesauce Cup 10g
Peaches, Sliced 14g
Peaches, Diced 14g
Pears, Diced 16g
Pineapple Tidbits 19g
Mixed Berry Cup 20g
Mixed Fruit 17g
Frozen Peach Cup 21g
Strawberry Cup 21g

Other Entrees
PB & J Sandwich 69g
Ham and Cheese Sandwich 34g
Turkey and Cheese Sandwich 32g
Grilled Chicken Caesar 35g
Bacon Ranch Salad 49g
Yogurt Plates & Parfaits 89g
Pizza Slices 34g

10-24-2022

This institution is an equal opportunity provider.