

NOVEMBER 2022

Transylvania County Schools-Carb Counts

MONDAY

7
Breakfast
Breakfast Bread 45g
Fresh Fruit
Lunch
Cheese or Pepperoni Pizza, 32g ; Garden Salad 5g
Seasoned Green Beans 5g
Mixed Fruit, 17g

14
Breakfast
Super Protein Donut 37g, Fresh Fruit
Lunch
Cheese Pocket 28g
Marinara Dip 4g
Green Peas 11g
Garden Salad 5g
Mixed Fruit, 17g

21
Breakfast
Cereal, Fresh Fruit
Lunch
Mozzarella Cheese Sticks 30g
Marinara Dip 4g
Garden Salad 5g
Seasoned Green Beans 5g
Mixed Fruit 17g

28
Breakfast
Super Protein Donut 37g, Fresh Fruit
Lunch
Cheese or Pepperoni Pizza, 32g ; Garden Salad 5g
Seasoned Green Beans 5g
Mixed Fruit, 17g

TUESDAY

1
Teacher Workday

8
Breakfast
Berry Waffles 37g
Dried Fruit 28g
Lunch
Chicken Fajitas 29g
Pinto Beans 23g
Golden Corn 16g
Fresh Fruit

15
Breakfast
Breakfast Pizza 18g
Dried Fruit 28g
Lunch
Grilled Chicken Sandwich 30g
Tator Tots 16g
Baby Carrots w/ Dip 11g
Fresh Fruit

22
Breakfast
Berry Waffles 37g
Dried Fruit 28g
Lunch
Crispy Chicken Sandwich 43g
French Fries 20g
Glazed Carrots 11g
Diced Pears 16g

29
Breakfast
Pancake Sausage Sticks 17g Dried Fruit 28g
Lunch
Mandarin Orange Chicken 12g Whole Grain Rice 34g
Steamed Broccoli 4g
Mixed Vegetables 16g
Diced Pears 16g

WEDNESDAY

2
Breakfast
Strawberry Bagel 42g
Applesauce Cup 14g
Lunch
Mandarin Orange Chicken 12g Whole Grain Rice 34g
Steamed Broccoli 4g
Mixed Vegetables 16g
Diced Pears 16g
Breakfast

9
Ham and Cheese
Croissant 32g
Pineapple Tidbits 19g
Lunch
Meatball Sub 36g
French Fries 20g
Glazed Carrots, 11g
Diced Pears 16g

16
Breakfast
Cereal, Applesauce Cup 14g
Lunch
Turkey w/ Gravy 4g
Dressing 22g
Mashed Potatoes 14g
Berried Green Beans 8g
Cranberry Sauce 15g

23
Thanksgiving Break

30
Breakfast
Chicken Biscuit 28g
Applesauce Cup 14g
Lunch
Beef Nachos 42g
Pinto Beans 23g
Golden Corn 16g
Fresh Fruit

THURSDAY

3
Breakfast
Cinnamon French Toast Sticks, 38g, Fruit Cup
Lunch
Steak Nuggets 7g
Roll 34g
Carrot Sticks w/ Ranch Dip 11g
Garden Salad 5g
Fresh Fruit

10
Breakfast
Baked Cinnamon Roll 36g
Fruit Cup
Lunch
Mashed Potato Bowl 14g
Popcorn Chicken 15g
Biscuit w/ Pepper Gravy 29g
Golden Corn 16g
Sliced Peaches 14g

17
Breakfast
Breakfast Muffin 45g
Fruit Cup
Lunch
Chicken 13g & Waffle 43g
Collard Greens 4g
Sweet Potatoes 24g
Fresh Fruit

24
Happy Thanksgiving!

Did you know?
The full moon in November is traditionally called the Beaver Moon in the US.

FRIDAY

4
Breakfast
Sausage Biscuit, 22g
Applesauce 10g
Lunch
Carnival Corn Dogs 30g
Baked Beans 49g
French Fries 20g
Sliced Peaches, 14g

11
Veterans Day Holiday

18
Breakfast
Chicken Biscuit 28g
Applesauce Cup 14g
Lunch
Cheeseburger 32g
French Fries 20g
Golden Corn 16g
Sliced Peaches, 14g

25
Thanksgiving 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

Revised 10-24-2022
This institution is an equal opportunity provider.