

October 2022

Transylvania County Schools-Carb Counts

MONDAY

3
Breakfast
 Super Protein Donut 37g
 Fresh Fruit
Lunch
 Cheese or Pepperoni Pizza, 32g ; Garden Salad 5g
 Seasoned Green Beans 5g
 Mixed Fruit, 17g

10
Breakfast
 Cereal, Fresh Fruit, Milk
Lunch
 Mozzarella Cheese Sticks 30g
 Marinara Dip 4g
 Garden Salad 5g
 Seasoned Green Beans 5g
 Mixed Fruit 17g

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

24
Breakfast
 Super Protein Donut 37g
 Fresh Fruit
Lunch
 Mozzarella Cheese Sticks 30g
 Marinara Dip 4g
 Garden Salad 5g
 Seasoned Green Beans 5g
 Mixed Fruit 17g

31

Teacher Workday

TUESDAY

4
Breakfast
 Pancake Sausage Stick
 17g Dried Fruit 28g
Lunch
 Beef Nachos 42g
 Pinto Beans 23g
 Golden Corn 16g
 Fresh Fruit

11
Breakfast
 Breakfast Pizza 18g
 Dried Fruit 28g
Lunch
 Chicken Fajitas 29g
 Black Beans 18g
 Golden Corn 16g
 Fresh Fruit

18
Breakfast
 Berry Waffles 37g
 Dried Fruit 28g
Lunch
 Grilled Chicken Sandwich 30g
 Tator Tots 16g
 Baby Carrots w/ Dip 11g
 Fresh Fruit

25
Breakfast
 Strawberry Bagel 42g
 Dried Fruit 28g
Lunch
 Beef Burrito 25g
 Pinto Beans 23g
 Golden Corn 16g
 Fresh Fruit

WEDNESDAY

5
Breakfast
 Chicken Biscuit 28g
 Applesauce Cup 14g
Lunch
 Mandarin Orange Chicken 12g
 Whole Grain Rice 34g
 Steamed Broccoli 4g
 Mixed Vegetables 16g
 Diced Pears 16g

12
Breakfast
 Sausage Biscuit, 22g
 Applesauce Cup 14g
Lunch
 Meatball Sub 36g
 French Fries 20g
 Glazed Carrots, 11g
 Diced Pears 16g

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

26
Breakfast
 Chicken Biscuit 28g
 Applesauce Cup 14g
Lunch
 Crispy Chicken Sandwich 43g
 French Fries 20g
 Glazed Carrots 11g
 Diced Pears 16g

THURSDAY

6
Breakfast
 Breakfast Muffin 45g
 Fruit Cup
Lunch
 Cheese Pocket 28g
 Marinara Dip 4g
 Carrot Sticks w/ Ranch Dip 11g
 Garden Salad 5g
 Fresh Fruit

13
Breakfast
 Cinnamon French
 Toast Sticks, 38g, Fruit Cup
Lunch
 Oven Roasted Chicken
 Whole Grain Breadstick 14g
 Mashed Potatoes w/ Gravy 14g
 Green Peas 11g Fresh Fruit

20
Breakfast
 Baked Cinnamon Roll 36g
 Fruit Cup
Lunch
 Chicken 13g & Waffle 43g
 Collard Greens 4g
 Sweet Potatoes 24g
 Fresh Fruit

27
Breakfast
 Breakfast Muffin 45g
 Fruit Cup
Lunch
 Spaghetti & Meat Sauce 47g
 Texas Toast, 14g
 Caesar Salad 10g
 Steamed Broccoli 4g
 Fresh Fruit

FRIDAY

7
Breakfast
 Maple Pancakes 36g
 Strawberry Cup 21g
Lunch
 Carnival Corn Dogs 30g
 Baked Beans 49g
 Potato Wedges 15g
 Baked Apples 27g

14
Breakfast
 Strawberry Bagel 42g
 Strawberry Cup 21g
Lunch
 Hot Dog w/ Chili 40g
 Coleslaw 5g
 Baked Beans 49g
 Baked Apples 27g

21
Breakfast
 Pancake Sausage Stick
 17g Strawberry Cup 21g
Lunch
 Cheeseburger 32g
 French Fries 20g
 Green Peas 11g
 Sliced Peaches 14g

28
 Remote Learning
 Day

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 9-27-2022
 This institution is an equal opportunity provider.



Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

