

Cass School District 63

January Cass Junior High School Menu

Menu Items with Carbohydrate Counts

Items served as a regular part of the daily menu: **Cass Junior High School**

Oranges - 15.7	1% White Milk - 13.0
Apples - 15.4	Skim Chocolate Milk - 24.0
Pepperoni Pizza - 47.5	Skim Milk - 13.0
Cheese Pizza - 47.4	Hamburger on a Bun - 29.4

Menu Items: **Cass Junior High School**

French Toast Sticks - 28.2
Chicken Sausage Patty - 2.0
Popcorn Chicken Bites - 15.2
Turkey and Cheese Sandwich - 27.5
BBQ Riblet Sandwich - 44.6
Orange Popcorn Chicken w/Broccoli - 38.7
Lomein - 50.7
Spicy Breaded Chicken Sandwich - 38.5
Ham and Cheese Sandwich - 23.8
Chicken Caesar Salad - 12.4
Sloppy Joe Melt - 34.9
Chili & Cheese Dog on a Bun - 70.5
Bacon Cheeseburger - 29.1
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Toasted Turkey and Swiss - 32.7
Turkey Chef Salad - 4.9
Chicken Mashed Potato Bowl - 55.8
Bacon & Egg Patty Melt - 33.4
Ham/Turkey Chef Salad - 5.2
Hot Pretzel w/Cheese Sauce - 33.5
Chili Mac - 69.3
Bosco Sticks w/Marinara Sauce - 34.2
Fish Sandwich with Cheese - 43.6
Ranch Chicken Wrap - 29.9
Popcorn Chicken Salad - 12.0
Diced Chicken Nachos - 20.2
Chicken Pot Pie - 36.1
Mac & Cheese - 53.1
Roast Turkey & Gravy - 5.3
Pizza Burger - 32.5
Cajun Chili Fries - 45.6
Chicken Nuggets - 15.0
Atomic Burger - 32.2

Chicken Strips - 12.0

Cheese & Bacon Baked Potato - 55.3

Chicken Burrito – 36.3

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1

Green Beans - 3.5

Corn - 14.3

Carrots - 5.0

Baked Beans - 29.1

Oven Potatoes - 21.8

Brown Rice - 35.0

Corn on the Cob - 29.3

Mashed Potatoes - 19.3

Tater Tots - 13.6

Dinner Roll - 13.0

Campfire Beans - 29.7

Apple Juice - 14.0

Fresh Carrots - 1.0

Fresh Celery - .3

Fresh Cucumbers - 2.7

Fresh Broccoli - 1.7

BBQ Sauce Pkt. - 3.0

Mayo Pkt. - .2

Mustard Packet - .5

Salsa - 2.0

Mexican Rice - 22.6

Romaine Lettuce - .4

Wheat Bread - 11.9

Vegetarian Baked Beans - 29.0

Orange Juice - 13.0

Diced Pears - 14.2

Pineapple Chunks - 14.7

Sliced Peaches - 11.0

Mixed Fruit - 11.5

Applesauce - 21.5

Sliced Apples - 15.4

Ketchup Pkt. - 2.3

Ranch Dressing - 8.1

Tomato Wedges - 4.1

Saltine Crackers (2) - 4.0

Pinto Beans - 24.9

Fruit Punch - 14.0