

# Cass School District 63

## November 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**

Bacon Cheeseburger - 29.1
Toasted Cheese Sandwich - 27.4
Tomato Soup - 20.0
Turkey and Cheese Sandwich - 27.5
Turkey Chef Salad - 4.9
Chicken Mashed Potato Bowl - 55.8
Jerk Chicken Flatbread - 34.4
Ham and Cheese Sandwich - 23.8
Ham/Turkey Chef Salad - 5.2
Hot Pretzel w/Cheese Sauce - 33.5
Chili Mac - 69.3
BBQ Riblet Sandwich - 44.6
Spicy Breaded Chicken Sandwich - 38.5
Chicken Caesar Salad - 12.4
Diced Chicken Nachos - 20.2
Pumpkin Spiced Chicken & Waffle Sandwich - 56.0
Mac & Cheese - 53.1
French Toast Sticks - 28.2
Chicken Sausage Patty - 2.0
Chicken Nuggets - 15.0
Atomic Burger - 32.2
Chicken Strips - 12.0
Bosco Sticks w/Marinara Sauce - 34.2
Spicy Popcorn Chicken - 18.7
Cheese & Bacon Baked Potato - 55.3
Pizza Burger - 32.5
Roast Turkey & Gravy - 5.3
Chicken Burrito - 36.3
Ranch Chicken Wrap - 29.9
Buffalo Chicken Sandwich - 41.5

Starch, Vegetables, Fruit and Condiments:

Peas - 10.1	Fresh Carrots - 1.0	Diced Pears - 14.2
Green Beans - 3.5	Fresh Celery - .3	Pineapple Chunks - 14.7
Corn - 14.3	Fresh Cucumbers - 2.7	Sliced Peaches - 11.0
Carrots - 5.0	Fresh Broccoli - 1.7	Mixed Fruit - 11.5
Baked Beans - 29.1	BBQ Sauce Pkt. - 3.0	Applesauce - 21.5
Oven Potatoes - 21.8	Mayo Pkt. - .2	Sliced Apples - 15.4
Brown Rice - 35.0	Mustard Packet - .5	Ketchup Pkt. - 2.3
Corn on the Cob - 29.3	Salsa - 2.0	Ranch Dressing - 8.1
Mashed Potatoes - 19.3	Mexican Rice - 22.6	
Tater Tots - 13.6	Romaine Lettuce - .4	Tomato Wedges - 4.1
Dinner Roll - 13.0	Wheat Bread - 11.9	Saltine Crackers (2) - 4.0
Campfire Beans - 29.7	Vegetarian Baked Beans - 29.0	Pinto Beans - 24.9
Apple Juice - 14.0	Orange Juice - 13.0	Fruit Punch - 14.0