



BGCS
BGMS
UCC AMS



2022

Breakfast/Lunch Carb Count Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
**WG Cheerios	15	**WG French Toast Sticks	26	Egg Patty	1	**WG Pancakes	13	**WG Cheerios	15
Corn Flakes	16	Mixed Fruit	17	**WG Slice Bread	13	Applesauce	15	Corn Flakes	16
Diced Pears	16	Orange Juice	13	Mandarin Orange	13	Apple Juice	14	Diced Peaches	14
Apple Juice	14	String Cheese	2	Fruit Punch Juice	14	Yogurt	19	Orange Juice	13
		Graham Cracker	11	K5-Cereal Bar	25	Graham Cracker	11		
5/2/2022		5/3/2022		5/4/2022		5/5/2022		5/6/2022	
Chicken Taco	1	**WG Chicken Nuggets	16	Meat	2	Ham	1	Pork BBQ	12
Refried Beans	25	Baked Fries	22	Marinara Sauce	14	Cheese	2	Mixed Veggies	6
Grapes	22	Cucumbers	5	California Blend	6	Carrot Coins	6	Diced Pear	16
Taco Shell	20	Banana	27	Applesauce	27	Celery Sticks	1	**WG Bun	26
Lettuce	1	Ketchup	2	**WG Spaghetti	18	Fruit Mix	17	Ranch	8
Cheese	2	Ranch	8			**WG Bread	15		
Salsa	2					Ranch	8		
						Mayo	2		
5/9/2022		5/10/2022		5/11/2022		5/12/2022		5/13/2022	
Chicken Fajitas	2	**Mozzarella Pizza Sticks	15	Chicken Patty	12	Turkey Mini Corn Dogs	25	Beef Patty	1
Pinto Beans	17	Sweet Corn	15	Potato Wedges	20	Vegetarian Beans	29	Mashed Potato	19
Applesauce	22	Cucumbers	5	Sliced Peaches	16	Banana	27	Mixed Fruit	17
*WW Tortillas	15	Fresh Orange	11	**WG Bun	26	Baby Carrots	7	**WG Dinner Roll	15
Salsa	2	Marinara sauce	10	Celery Stick	1	Ketchup	2	Fresh Broccoli	8
		Ranch	8	Ketchup	2	Ranch	8	Gravy	4
				Ranch	8				
5/16/2022		5/17/2022		5/18/2022		5/19/2022		5/20/2022	
Cheese	2	Tuna Casserole	33	Cheeseburger	1	Beef and cheesy Nachos	32	Chicken Parmesan	12
Broccoli Cuts	8	Sweet Corn	15	Potato Wedges	20	Refried Beans	25	Green Beans	4
Grapes	22	Fresh Apple	25	Fresh Broccoli	8	Lettuce	1	Mandarin Orange	17
**WG Bread	15	Rotini Pasta	18	Fruit Mix	17	Tomato	2	**WG Pasta	18
Celery Stick	1	Cucumbers	5	**WG Bun	26	Applesauce	27	Baby Carrots	7
Ranch	8	Ranch	8	Ketchup	2	Salsa	2	Ranch	8
				Ranch	8	Ranch	8		
5/23/2022		5/24/2022		5/25/2022		5/26/2022		5/27/2022	
Sliced Turkey w/Gravy	1	Cheese Pizza	34	Beef Taco	2	Chili con Carne	8	Professional Day No Student Attendance	
Mashed Potato	19	Sweet Corn	15	Pinto Beans	17	Mixed Veggies	6		
Fresh Apple	25	Pineapple Tidbits	22	Taco Shells	20	Fruit Cocktail	17		
**WG Dinner Roll	15	Cucumbers	5	Lettuce	1	**WG Slice Bread	15		
Baby Carrot	7	Ranch	8	Cheese	2	String Cheese	2		
Ranch	8			Salsa	2				
				Peaches	16				
5/30/2022		5/31/2022							
Memorial Day No Student Attendance		**WG Chicken Nuggets	16					Milk Count in Grams (gm)	
		Baked Fries	22					Per 8 oz carton:	
		Diced Pear	16					1% White Milk	13
		Carrot Coins	6					Fat Free Chocolate Milk	20
		Ketchup	2					Lactose Free Milk	13
						Soy Milk	13		

This Institution is an equal opportunity provider
Menu subject to change without notice