

April 2024

Transylvania County Schools Carbohydrate Counts

Monday

1

No School

Tuesday

2

Breakfast
Cereal
Applesauce 14g
Lunch
Pizza 32g
Green Beans 5g
Tator Tots 16g
Diced Pears

Wednesday

3

Super Donut 37g
NC Sliced Apples 13g
Lunch
Beef Teriyaki 7g
Brown Rice 34g
Carrot Coins 6g
Steamed Broccoli 4g
Mandarin Oranges 17g

Thursday

4

Waffles 36g
Fruit Cup
Lunch
Oven Fried Chicken 6g
Biscuit 22g
Mashed Potato 14g
Collard Greens 4g
Fresh Fruit

Friday

5

Cinnamon Toast 41g
Orange Cup
Lunch
Hot Dog w/ Chili 40g
Coleslaw 5g
French Fries 20g
Baked Beans 49g
Strawberries 23g

Breakfast

8

Breakfast Bread 45g
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Peaches

Breakfast

9

Chicken Biscuit 28g
Applesauce 14g
Lunch
Taco Tuesday! 25g
Golden Corn 16g
Pinto Beans 18g
Fresh Fruit

Pancakes 36g

10

NC Sliced Apples 13g
Lunch
Mandarin Chicken 19g
Brown Rice 34g
Carrots 8g w/ Ranch 2g
Steamed Broccoli 4g
Mandarin Oranges 17g

Cinnamon Roll 36g

11

Fruit Cup
Lunch
Chicken Alfredo 28g
Breadstick 15g
Green Peas 11g
Garden Salad 5g
Fresh Fruit

Pancake on Stick 17g

12

Orange Cup
Lunch
Steak Burger 32g
French Fries 20g
Lima Beans 24g
Apple Cobbler 21g

Breakfast

15

Cereal
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Diced Pears

Breakfast

16

Sausage Biscuit 22g
Applesauce 14g
Lunch
Nachos 42g
Golden Corn 16g
Black Beans 23g
Fresh Fruit

Super Donut 37g

17

NC Sliced Apples 13g
Lunch
Chicken 13g & Waffle 43g
Green Beans 5g
Mashed Potatoes 14g
Mandarin Oranges 17g

Waffles 36g

18

Fruit Cup
Lunch
Pasta 21g w/ Meat Sauce
Breadstick 15g
Caesar Salad 5g
Green Peas 11g
Fresh Fruit

Cinnamon Toast 41g

19

Orange Cup
Lunch
Hot Dog w/ Chili 40g
Coleslaw 5g
French Fries 20g
Baked Beans 49g
Strawberries 23g

Breakfast

22

Breakfast Bread 45g
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Peaches

Breakfast

23

Chicken Biscuit 28g
Applesauce 14g
Lunch
Taco Tuesday! 25g
Golden Corn 16g
Pinto Beans 18g
Fresh Fruit

Pancakes 36g

24

NC Sliced Apples 13g
Lunch
Chicken Sandwich 43g
Sweet Potato Souffle 56g
Green Peas 11g
Mandarin Oranges 17g

Cinnamon Roll 36g

25

Fruit Cup
Lunch
Breaded Pork Chop 11g
w/ Country Style Gravy 7g
Biscuit 22g
Mashed Potato 14g
Black Eye Peas 21g
Fresh Fruit

Pancake on Stick 17g

26

Orange Cup
Lunch
Manager's Choice
Manager's will
advertise this menu in
the cafeteria

Breakfast

29

Cereal
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Diced Pears

Breakfast

30

Sausage Biscuit 22g
Applesauce 14g
Lunch
Nachos 42g
Golden Corn 16g
Black Beans 23g
Fresh Fruit

Did You Know?

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." Festivals which were planned for April included Parrilla, a day celebrating the founding of Rome.

Milk, 1% Unflavored	13g
Milk, 1% Chocolate	20g
<u>Cereal, 1oz</u>	
Cheerios	21g
Cinnamon Toasters	21g
Honey Scooters	22g
Marshmallow Matey	21g
Syrup Cup	30g
<u>100% Fruit Juice, 4oz</u>	
Apple	14g
Orange	15g
Fruit Blend	14g
Grape	19g
Orange-Pineapple	14g
Black Cherry	22g
<u>Fresh Fruit</u>	
Apple	22g
Banana	31g
Orange	17g
Grapes	14g
<u>Canned or Cup Fruit</u>	
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
Orange Cup	18g
Mandarin Oranges	17g
<u>Other Entrees</u>	
PB & J Sandwich	69g
Uncrustable	32g
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
Baked Potato, Whole	37g
Sweet Potato, Whole	34g
Chicken Tenders 3 pieces	14g
Pizza Box	34g

3-12-2024

This institution is an equal opportunity provider.