

May 2024

Transylvania County Schools Carbohydrate Counts

Monday

Did you know?

Cinco de Mayo ("The Fifth of May") celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.

Tuesday

Wednesday

Thursday

Friday

Breakfast

6
Breakfast Bread 45g
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Peaches

Breakfast

7
Chicken Biscuit 28g
Applesauce 14g
Lunch
Taco Tuesday! 25g
Golden Corn 16g
Pinto Beans 18g
Fresh Fruit

Pancakes 36g

8
NC Sliced Apples 13g
Lunch
Mandarin Chicken 19g
Brown Rice 34g
Carrots 8g w/ Ranch 2g
Steamed Broccoli 4g
Applesauce 14g

Cinnamon Roll 36g

9
Fruit Cup
Lunch
Chicken Alfredo 28g
Breadstick 15g
Green Peas 11g
Garden Salad 5g
Fresh Fruit

Pancake on Stick 17g

10
Orange Cup
Lunch
Steak Burger 32g
French Fries 20g
Lima Beans 24g
Cherry Crisp 37g

Breakfast

13
Cereal
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Diced Pears

Breakfast

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

Super Donut 37g

15
NC Sliced Apples 13g
Lunch
Chicken 13g & Waffle 43g
Green Beans 5g
Mashed Potatoes 14g
Applesauce 14g

Waffles 36g

16
Fruit Cup
Lunch
Pasta 21g w/ Meat Sauce
Breadstick 15g
Caesar Salad 5g
Green Peas 11g
Fresh Fruit

Cinnamon Toast 41g

17
Orange Cup
Lunch
Hot Dog w/ Chili 40g
Coleslaw 5g
French Fries 20g
Baked Beans 49g
Strawberries 23g

Breakfast

20
Breakfast Bread 45g
Fresh Fruit
Lunch
Pizza 32g
Garden Salad 5g
Tator Tots 16g
Peaches

Breakfast

21
Chicken Biscuit 28g
Applesauce 14g
Lunch
Taco Tuesday! 25g
Golden Corn 16g
Pinto Beans 18g
Fresh Fruit

Pancakes 36g

22
NC Sliced Apples 13g
Lunch
Chicken Sandwich 43g
Sweet Potato Fries 19g
Green Peas 11g
Applesauce 14g

Cinnamon Roll 36g

23
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

24
Orange Cup
Lunch
Mac & Cheese 31g
Breadstick 15g
Green Beans 5g
French Fries 20g
Cherry Crisp 37g

27

Memorial Day

Breakfast

28
Cereal
Applesauce 14g
Lunch
Pizza 32g
Green Beans 5g
Tator Tots 16g
Diced Pears

Super Donut 37g

29
NC Sliced Apples 13g
Lunch
Beef Teriyaki 7g
Brown Rice 34g
Carrot Coins 6g
Steamed Broccoli 4g
Applesauce 14g

Waffles 36g

30
Fruit Cup
Lunch
Oven Fried Chicken 6g
Biscuit 22g
Mashed Potato 14g
Collard Greens 4g
Fresh Fruit

Cinnamon Toast 41g

31
Orange Cup
Lunch
Manager's Choice
Manager's will advertise
this menu in the cafeteria

Milk, 1% Unflavored	13g
Milk, 1% Chocolate	20g
Cereal, 1oz	
Cheerios	21g
Cinnamon Toasters	21g
Honey Scooters	22g
Marshmallow Matey	21g
Syrup Cup	30g
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
Orange Cup	18g
Mandarin Oranges	17g
Other Entrees	
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

4-02-2024

This institution is an equal opportunity provider.