

Milford School Food Services
Middle School Lunch Menu

Carbohydrate Counts
In Grams

Breads & Grains

Bagel 4 oz.	67g
Bread 1sl.	10g
Italian Dunkers- Bread Sticks 1oz.	13g
Italian Bread	11g
Pasta 1c	40g
Rice 1c	36g
Rolls, Burger	23g
Roll, Grinder	32g
Roll, Hard	32g
Roll, Dinner	14g
Rolls, Hot Dog Long	31g
Taco shells 2ea	2.6g

Entrees:

Meatball Grinder w/side pasta:	
Meatballs 5 ½ oz.	5g
Marinara Sauce 6oz.	18g
Grinder Roll 2.5oz.	32g
Pasta Side 1 cup	40g

Beef:

Burgers	2g
Beef Soft Taco	35g

Cheese:

Pizza, 4 x 6 Square	37.6g
Pizza, French Bread -Red Baron	36g
Pizza, Stuffed Crust Max	50.7g
Pizza, Round Tony's #63088	37.9g
Stuffed Shells 3ea.	34.5g
Domonics Cheese Ravioli 8ea.	30.7g
Calzone w/ Cheese	43g

Chicken:

Chicken Dippers 5ea.	8.6g
Chicken Nuggets 7ea.	16.8g
Chicken Patty	12g
Chicken Fryz	4.8g

12" Beef & Pork Franks 3g

Fruits & Vegetables

All Fruits canned =1/2c

Applesauce	14g
Fruit Cocktail	10.4g
Oranges	15.2g
Apples	21g
Bananas	26.7g
Peaches	7.5g
Pears	20g
Pineapple	20g

Fruit Juice 4oz.

Orange	13.4g
Apple	14g
Pineapple	16g
Fruit Punch	15.5g

Vegetables 1/2c

Carrots	6g
Corn	16g
Broccoli	5g
Mixed Vegetables	12g
Green Beans	6g
Baked Beans	29g

Potatoes 1/2 c

Mashed	14g
Tots	16.5g
Oven Fries	22g
Wedges	18.9g
Hash Browns	15g
Curley Fries	20g

Alternative Entrees:

Made-to-Order Deli Sandwiches:

2 oz. Deli Meat
2.5oz. Prepared Salads: Egg, Tuna, Seafood
Choice of Hard Roll, Grinder Roll, Asst. Breads

Salads:

Tuna Chef	5g
3-Cheese Chef	5g
Chicken Bowtie	23g
Hard Boiled Egg Chef	4.2g
Macaroni & Tuna Chef	24g

Bagel & Yogurt Plate:

Includes:

1 Bagel 4oz.	67g
Cheese 1 oz.	1g
Yogurt 4oz.	22g

Desserts on Menu:

Pudding ½ cup	29g
Chocolate Chip Cookie 1.0oz.	17g

A La Carte Snacks:

Pretzels 1.5oz. Bag	34g
Cheezits 1.5oz.	23g
Animal Crackers 1oz.	22g
Linden Cookies 2pk. 1.1oz.	21g
Berry Kix 7/8oz.	21g
Corn Pops 3/4oz.	19g

All lunches include a choice of Entrée Plus a choice of 2 fruits or vegetables and one 8oz. Container of Milk.

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Dear Parents:

Attached is a list of the Carbohydrate Counts of foods on our menus in the Middle Schools in Milford.

If you have any questions or concerns, please do not hesitate to call me at 783-3490.

Sincerely,

Eileen S. Faustich, M.S. C D-N
Food Service Director