

Brownsville Independent School District Food and Nutrition Service Department

Controlled CHO Diet - High School Lunch Menu

(Please arrange as close to your scheduled menu, this is a guideline of Carbohydrates in the menu)

Avg. Canned Fruit = 22.16gm, Assort. Fresh Fruit = 20.4gm, Small Apple = 13.8gm, Small Orange = 11.7gm, Grilled Chicken Salad = 42.93gm, Caesar Chicken Salad = 36.45gm, Tuna Chef Salad = 45.33gm, Chef Salad = 43.43gm, Pineapple Delight = 38.59gm, Ham & Cheese Sandwich = 26.0gm, 8oz Milk = 12gm, Chicken Bacon, & Cheese Wrap = 28.05gm, Fruited Gelatin = 17.3gm

WEEK 1:

MONDAY

Chicken Burger = 41.9gm
or
Orange Popcorn Chicken = 21.6gm
White Rice = 23.1gm
Oriental Veggies = 5.49gm
Burger Salad = 3.26gm

TUESDAY

Chicken Quesadillas = 43.69gm
Broccoli = 4.57gm
Carrots Coins = 7.0gm
Smoothie = 23.0gm

WEDNESDAY

Bacon Cheeseburger = 28.86gm
or
Wild Mikes Breadstick (2) = 18.36gm
Marinara Cup = 6.99gm
Roasted Potatoes = 18.03gm
Burger Salad = 3.26gm
Jalapeno Peppers = 0.4gm

THURSDAY

Bean & Cheese Chalupas = 46.73gm
or
Beef Nachos = 36.2gm
Refried Beans = 21.06gm
Taco Salad = 3.04gm
Spanish Rice = 29.08gm

FRIDAY

Wedge Pizza = 29.0gm
or
Pizza Crunchers = 45.62gm
Marinara Cup = 6.99gm
Golden Corn = 18.25gm
Apple Crisp = 50.67gm

WEEK 2:

MONDAY

Chicken Strip = 15.0gm
Dinner Roll = 24.88gm
Crinkle Potato Fries = 19.5gm
Carrots Coins = 7.0gm
Smoothie = 23.0gm

TUESDAY

Chicken Salad Croissant = 35.0gm
Sun Chips = 18.0gm
or
Loaded Baked Potato = 46.6gm
Dinner Roll = 24.88gm
Broccoli = 4.57gm
Garden Salad = 3.26gm

WEDNESDAY

Cheeseburger = 28.86gm
or
Spicy Chicken Burger = 41.9gm
Burger Salad = 3.26gm
Tater Tots = 17.0gm
Jalapeno Peppers = 0.4gm

THURSDAY

Crispy Tacos (3) = 34.1gm
Spanish Rice = 29.08gm
Refried Beans = 21.06gm
Taco Salad = 3.04gm

FRIDAY

Personal Pizza = 30.0gm
or
Grilled Cheese Sandwich = 28.0gm
Vegetable Soup = 40.97gm
Marinara Cup = 6.99gm
Golden Corn = 18.25gm

WEEK 3:

MONDAY

No School

TUESDAY

Chicken Nuggets = 22.0gm
Dinner Roll = 24.88gm
or
Lasagna = 31.75gm
Wild Mikes Breadstick (1) = 9.18gm
Roasted Potatoes = 18.03gm
Broccoli = 4.57gm

WEDNESDAY

Baked Chicken = 1.2gm
Dinner Roll = 24.88gm
Mashed Potatoes = 14.60gm
Green Beans = 6.03gm

THURSDAY

Chicken Tenders = 15.0gm
Macaroni & Cheese = 20.74gm
or
Chicken Salad Croissant = 35.0gm
Ranch Beans = 21.0gm
Carrots Coins = 8.0gm
Smoothie = 23.0gm

FRIDAY

Square Pizza = 29.5gm
Golden Corn = 18.25gm
Garden Salad = 3.26gm

If you have a Question on any product or anything else, please contact your supervisor or a Department dietitian

Brownsville Independent School District Food and Nutrition Service Department

CHO Controlled Diet - High School Breakfast Menu

(Please arrange as close to your scheduled menu, this is a guideline of Carbohydrates in the menu)

Avg. Canned Fruit = 22.16gm, Assort. Fresh Fruit = 20.4gm, 8oz Milk = 12.0gm, Juice Orange 4oz = 7.8gm, Jelly Mixed Fruit = 7.0gm, Syrup = 30.37gm

WEEK 1:

MONDAY

Assorted Cereal =
47.35gm
or
Biscuit & Sausage =
32.5gm
or
French Toast Sticks =
33.08gm
or
Pancake Mini Wraps =
15gm
or
Assorted Sweetbread =
38.92gm

TUESDAY

Assorted Cereal =
47.35gm
or
Ham and Egg Taco =
13.95gm
Refried Beans = 21.06gm
or
Kolache = 32.0gm
or
Yogurt Parfait w/ UBR =
65.5gm

WEDNESDAY

Assorted Cereal =
47.35gm
or
Chorizo and Egg Taco =
15.39gm
Refried Beans = 21.06gm
or
Tamales = 22.28gm
or
Breakfast Bar = 47.69gm

THURSDAY

Assorted Cereal =
47.35gm
or
Breakfast Bowl = 54.2gm
or
Banana Bread = 44.18gm

FRIDAY

Assorted Cereal =
47.35gm
or
Breakfast Croissant =
32.17gm
or
Oatmeal & Toast w/ Fruit
= 75.23gm
or
Chocolate Muffin =
40.0gm

*****If you have a Question on any product or anything else, please contact your supervisor or a Department dietitian*****