

Brownsville Independent School District Food and Nutrition Service Department

Controlled CHO Diet - Middle 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

Cheeseburger = 28.86gm
Roasted Potatoes = 18.03gm
Burger Salad = 3.26gm
Jalapeno = 0.4gm

TUESDAY

Chicken Nuggets = 15.8gm
Dinner Roll = 24.88gm
Broccoli = 4.57gm
Carrots Coins = 8.0gm

WEDNESDAY

Spicy Chicken Burger = 41.9gm
or
Cheeseburger = 28.86gm
Roasted Potatoes = 18.03gm
Burger Salad = 3.26gm
Jalapeno = 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

Orange Popcorn Chicken = 21.6gm
Lo Mein Noodles = 17.61gm
Oriental Veggies = 5.49gm
Carrots Coins = 8.0gm

TUESDAY

Chicken Salad Croissant = 35.0gm
Sunchips = 18.0gm
or
Pizza Crunchers = 45.62gm
Broccoli = 4.57gm
Garden Salad = 3.26gm

WEDNESDAY

Spaghetti & Meatballs = 41.6gm
Breadstick = 17.0gm
or
Spicy Chicken Burger = 40.04gm
Tater Tots = 17.01gm
Burger Salad = 3.26gm
Smoothie = 23.0gm

THURSDAY

Chicken Tacos = 24.3gm
Refried Beans = 21.06gm
Taco Salad = 3.04gm

FRIDAY

Personal Pizza = 30.0gm
or
Grilled Cheese Sandwich = 28gm
Vegetable Soup = 40.97gm
Baby Carrots = 6.80gm
Marinara Cup = 6.99gm

WEEK 3:

MONDAY

No School

TUESDAY

Popcorn Chicken = 13.0gm
or
Chicken Salad Croissant = 35.0gm
Broccoli = 4.57gm
Carrots Coins = 8.0gm

WEDNESDAY

Baked Chicken = 1.2gm
Dinner Roll = 24.88gm
Green Beans = 6.0gm
Mashed Potatoes = 14.6gm

THURSDAY

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

FRIDAY

Square Pizza = 29.5gm
Golden Corn = 18.25gm
Garden Salad = 3.0gm

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

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CHO Controlled Diet - Middle School Breakfast Menu

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8oz Milk = 12.0gm, Juice Orange 4oz = 7.8gm, Jelly Mixed Fruit = 7.0gm, Syrup = 30.37gm, Tamales = 22.3gm, Biscuit and Sausage = 32.5gm, Chocolate Muffin = 40.0gm, Taco Ham and Egg = 14.0gm, Taco Bacon and Egg = 19.5gm

WEEK 1:

MONDAY

Assorted Cereal =
47.35gm

TUESDAY

French Toast Sticks =
33.08gm

WEDNESDAY

Chorizo and Egg Taco =
15.4gm

THURSDAY

Tamales = 22.28gm

FRIDAY

Biscuit and Sausage =
32.5gm

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