

March 2024

Transylvania County Schools Carbohydrate Counts

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**National School Breakfast Week
is March 4-8, 2024!
Help celebrate by eating
breakfast at school!**

4
Breakfast
Breakfast Bread **45g**
Fresh Fruit
Lunch
Pizza **32g**
Garden Salad **5g**
Tator Tots **16g**
Peaches

5
Breakfast
Chicken Biscuit **28g**
Applesauce **14g**
Lunch
Taco Tuesday! **25g**
Golden Corn **16g**
Pinto Beans **18g**
Fresh Fruit

6
Pancakes **36g**
NC Sliced Apples **13g**
Lunch
Mandarin Chicken **19g**
Brown Rice **34g**
Celery **3g** w/ Ranch **2g**
Steamed Broccoli **4g**
Mandarin Oranges **17g**

7
Cinnamon Roll **36g**
Fruit Cup
Lunch
Scrambled Eggs **1g**
Sausage Patty
Biscuit **22g**
Cherry Tomatoes **3g**
Tator Tots **16g**
Pineapple

8
Cinnamon Toast **41g**
Orange Cup
Lunch
Hot Dog w/ Chili **40g**
Coleslaw **5g**
French Fries **20g**
Baked Beans **49g**
Strawberries **23g**

11
Breakfast
Cereal
Fresh Fruit
Lunch
Pizza **32g**
Garden Salad **5g**
Tator Tots **16g**
Diced Pears

12
Breakfast
Sausage Biscuit **22g**
Applesauce **14g**
Lunch
Nachos **42g**
Golden Corn **16g**
Black Beans **23g**
Fresh Fruit

13
Super Donut **37g**
NC Sliced Apples **13g**
Lunch
Chicken **13g** & Waffle **43g**
Green Beans **5g**
Mashed Potatoes **14g**
Applesauce **14g**

14
Waffles **36g**
Fruit Cup
Lunch
Pasta **21g** w/ Meat Sauce
Breadstick **15g**
Caesar Salad **5g**
Green Peas **11g**
Fresh Fruit

15
Cinnamon Toast **41g**
Orange Cup
Lunch
Steak Burger **32g**
French Fries **20g**
Lima Beans **24g**
Cherry Crisp **37g**

18
Breakfast
Breakfast Bread **45g**
Fresh Fruit
Lunch
Pizza **32g**
Garden Salad **5g**
Tator Tots **16g**
Peaches

19
Breakfast
Chicken Biscuit **28g**
Applesauce **14g**
Lunch
Taco Tuesday! **25g**
Golden Corn **16g**
Pinto Beans **18g**
Fresh Fruit

20
Pancakes **36g**
NC Sliced Apples **13g**
Lunch
Chicken Sandwich **43g**
Sweet Potato Fries **19g**
Green Peas **11g**
Mandarin Oranges **17g**

21
Cinnamon Roll **36g**
Fruit Cup
Lunch
Grilled Cheese **34**
Garden Salad **5g**
Vegetable Beef Soup **41g**
Fresh Fruit

22
Pancake on Stick **17g**
Orange Cup
Lunch
Manager's Choice

Manager's will
advertise this menu in
the cafeteria

25 **26** **27** **28** **29**
SPRING BREAK

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**

2-19-2024

This institution is an equal
opportunity provider.