

**Lunch Menu for Paris High School (with carb counts)
2017-18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walking Taco (Meat3/Cheese3) Shredded lettuce 3 Refried Beans 15 Steamed Carrots 5 Fritos 15 Diced Pears 14	Sloppy Joe 6/WG Bun 23 Goldfish Pretzels 16 Steamed Cauliflower 1 Corn 16 Applesauce 17	BBQ Rib Patty 27/ WG Bun 23 Baked Fries 22 Steamed Broccoli 4 Fruit Cocktail 17	Chicken Parmesan 9 Spaghetti 42 Garlic Breadstick 16 Baby Carrots/FF Ranch 8 Green Beans 4 Pineapple Tidbits 15	Joe's Pizza 35 Tossed Salad/Dressing 3 Mixed Vegetables 8 Breadstick 16 Marinara Sauce 3 Banana 27
Tacoburger/WG Bun23 Baked Fries 22 Winter Veg. Blend 2 Diced Peaches 13	Chicken Strips 5 w/Sauce 12 <i>Macaroni & Cheese</i> Peas 10 Baby Carrots/FF Ranch 8 Mandarin Oranges 17	Nachos 15 w/Chili 8 Cheese Sauce 1 Refried Beans 15 Steamed Broccoli 4 Fritos 15 Applesauce 17	Salisbury Steak 4 Mashed Potatoes 20 Green Beans 4 WG Bread 13 Orange Slices 15	Joe's Pizza 35 Tossed Salad/Dressing 3 Steamed Carrots 5 Breadstick 16 Fruit Cocktail 17
Cheeseburger/WG Bun23 Tater Tots 19 Baked Beans 30 Steamed Carrots 5 Diced Pears 14	Popcorn Chicken 14 Mashed Potatoes 20 California Blend 2 Applesauce 17	Baked Potato 32 w/ Taco meat 3 Cheese Sauce 3 Steamed Broccoli 4 Yellow Apple 22	Baked Mostaccioli 42 Tossed Salad/Dressing 3 Green Beans 4 Garlic Breadstick 16 Pineapple Tidbits 15	Joe's Pizza 35 Fresh Spinach/Dressing 3 Mixed Vegetables 8 Baby Carrots/FF Ranch 8 Breadstick 16 Banana 27
Fajita Chicken 2 Alfredo Noodles 26 Steamed Broccoli 4 Steamed Carrots 5 Diced Peaches 13	Chicken Patty18/WG Bun 23 Pork & Beans 23 Peas 10 Winter Blend 2 Mandarin Oranges 17	Meatloaf 6 Au gratin Potatoes 26 Steamed Cauliflower 1 WG Bread 13 Red Apple 22	Chicken & Noodles 29 Mashed Potatoes 20 Green Beans 4 WG Bread 13 Orange Slices 15	Joe's Pizza 35 Tossed Salad/Dressing 3 Mixed Vegetables 8 Baby Carrots/FF Ranch 8 Breadstick 16 Fruit Cocktail 17
Chicken Nuggets 8 Baked Fries 22 California Blend 2 Diced Pears 14	Oven Fried Chicken Breast10 Mashed Potatoes 20 Steamed Broccoli 4 WG Bread 13 Applesauce 17	Lasagna 18 Green Beans 4 Baby Carrots/FF Ranch 8 Garlic Breadstick 16 Yellow Apple 22	Hot Dog/Bun 27 or Chili Dog/Bun 35 Baked Bean 30 Cole Slaw 3 Peas 10 Pineapple Tidbits 15	Joe's Pizza 35 Tossed Salad/Dressing 3 Steamed Carrots 5 Breadstick 16 Banana 27
BBQ Chicken Flatbread 24 Au gratin Potatoes 26 Baked Beans 30 Green Beans 4 Diced Peaches 13	Chicken Stir Fry 5 Chicken Eggroll 20 Brown Rice 36 Steamed Broccoli 4 Baby Carrots/FF Ranch 8 Mandarin Oranges 17	Beef Stroganoff 26 Winter Veg. Blend 2 Peas 10 WG Bread Fruit Cocktail 17	Chicken Fried Steak 15 White Gravy 4 Mashed Potatoes 20 Steamed Carrots 5 WG Bread 13 Orange Slices 15	Joe's Pizza 35 Fresh Spinach/Dressing 3 Oriental Veg. Blend 3 Breadstick 16 Applesauce 17

- 1% White Milk (12C) or Skim Flavored Milk (24C) provided with each meal
- Whole fresh fruit available with each meal
- Menu subject to change based on availability
- Students must choose 3 of 5 components at lunch

PHS Sandwich Menu 2017-18 (with carbs)

Monday

- Chicken Ranch Wrap (37)
- Grilled Chicken on Bun (23)

Tuesday

- Turkey and American on Bun (25)
- Corn Dog (30)

Wednesday

- Fajita Chicken Wrap (30)
- Cheeseburger (25)

Thursday

- Ham and Swiss on Bun (25)
- Pizza Quesadilla (38)

Friday

- Honey Mustard Chicken Wrap (37)
- Grilled Cheese (31)

Breakfast Menu for Paris High School (with carb counts)
2017-18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancake Package 1.75 G (39C) Syrup (28C)	Chocolate Chip Oat Bar 2G (23C)	Krave S'mores 1G (21C) Breakfast Oatmeal Round .75G (43C)	Filled Mini Cinnamon Bagel 2G (41C)	Fudge Pop Tart 1.25 G (37C) Assorted Cereal 1G (21C)
WG White Bagel 2G (29C) w/Jelly (9C)	Strawberry Splash Mini Pancake 2G (40C)	Assorted Cereal 1G (21C) Apple Cinnamon Rice Krispie Bar 1G (27C)	Turkey Sausage Biscuit Sand. 2G (13C)	4 French Toast Sticks 2G (43C)
2 Pancake Wrapped Sausage 2G (38C)	Crunchmania 2G (37C)	Assorted Cereal 1G (21C) Choc. Chip Granola Bar .5G (17C)	Mini French Toast Package 2G (37)	Apple Frudel 2G (36)
Mini Cinnamon Roll Pancake Pkg. 2G (41C)	Banana Muffin 2G (36C)	Assorted Cereal 1G (21C) Breakfast Oatmeal Round .75G (43C)	WG Biscuit 2G (26C) White Gravy (10C)	Brown Sugar Pop Tart 1.25G (37C)
Egg & Cheese Bagel Sandwich 2G (29C)	Mini Cinnis 2G (39C)	Assorted Cereal 1G (21C) Choc. Chip Granola Bar .5G (17C)	WG Blueberry Crumb Cake 2G	Chicken Biscuit 2.5G (35C)
Sausage Gravy Breakfast Pizza 1.5C (26)	WW Cinnamon Roll 2G	Assorted Cereal 1G (21C) Fudge Pop Tart 1.25G (37C)	Chocolate-Chocolate Chip Muffin 2G (32)	Glazed WG Donut 2G (43C)

- 1% White Milk (12C) or Skim Flavored Milk (24C) provided with each meal
- 4 oz. Fruit Juice (13C) provided with each meal
- ½ cup Canned Fruit (17C) provided with each meal
- Menu subject to change based on availability
- Students must choose 2 of 4 components at breakfast