

Elementary – March 2020

Carb Counts

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Chicken Patty 13 gr Corn 24 gr Hamburger o Corn 24 gr	French Toast Stix 29 gr Pork Sausage Link 1 gr Beef Fiesta Nachos 20gr	Cheese Pizza V 29 gr Bento Box #1 Cheese Cubes, Turkey Circles, Grapes 🍇, Cheddar Goldfish 30 gr	Italian Dunkers V 🍷 28 gr Green Beans 4 gr Marinara Sauce 11 gr Croissant – 30 gr Chix Salad – 6 gr	Turkey Hot Dog 2 gr Seasoned Wedges 20 gr Meatball & Marinara 7 gr Carrots 9 gr
9	10	11	12	13
Corn Puppies 38 gr Carrots 9 gr Beef Teriyaki over Rice 38 gr	Beef & Turkey 30 gr Pepperoni Pizza Soy Butter & Jelly Sandwich V 55 gr	Cheeseburger 1 gr Tater Tots 18 gr BBQ Pork 17 gr Tater Tots 18 gr	Grab & Go Lunch V— String Cheese 1 gr , Yogurt, 17 gr Choc chip loaf 26 gr Chicken Smacker Bowl 29 gr	Chicken Strips 14 gr Seasoned Potato Wedges 20 gr Beef Taco Salad 0 gr Tortilla Chips 17 gr
16	17	18	19	20 – No School
Chicken Drumstix & Waffles 27 gr Italian Dunkers 28gr Marinara Sauce 11gr Carrots 9 gr	Turkey Hot Dog 2 gr Pot Wedges 21 gr BBQ Beef 14 gr Seasoned Wedges 30 gr (3/4 cup)	French Toast Sticks 29 Pork Sausage Link 1 gr Whole Grain Cheese Lasagna V 37 gr Breadstick 21 gr	Cheese Pizza V 🍷 29 gr Ham & Cheese Sub <i>(made with turkey ham)</i> Peewee Bun 31 gr	Mac & Trees V 🍷 38 gr Bento Box 2 Hardboiled Egg, Turkey Stick, Baby Carrots 🍷, Animal Crackers 30 gr
23	24	25	26	28
Chicken Nuggets Green beans 16 gr Jambalaya over Rice 45 gr	Beef Walkin’ Tacos 2 gr Corn 18 gr Grilled Cheese V 35 gr	Beef & Turkey Pepperoni Pizza 30 gr Grab & Go Lunch V— String Cheese, 1 gr Egg 1 gr & Chip Loaf 26 g	Pancakes 21 gr Pork Sausage Link 1 gr Cheeseburger Tot Casserole/Bake 35 gr Breadstick 21 gr	Beef Sloppy Joe 6 gr Tater Tots 18 gr Spicy Chicken 10 gr Tater Tos 18 gr
	Garden Bar Items	Fruit	Vegetables	Based on ½ Serving

<p>Condiments</p> <p>Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr Ketchup – 2 gr Mustard – 0 gr FF Ranch – 4 gr BBQ Sauce – 6 gr Jelly – 10 gr Syrup – 29 gr Taco Sauce – 2.5 gr Cream Cheese – 2</p> <p>*** updated MILK</p>	<p>Breadstix – 21 gr Caesar Salad 8 gr (1 cup lettuce, dressing, croutons, & cheese) Choc Chip Cookie 19 g Dinner Roll 13 gr Festive Cookie 27 gr Fritos 15 gr Goldfish Cheddar 14 gr Goldfish Gram 19 gr Hamburger Bun 25 gr Hot Dog Bun 26 gr Ranch Salad 9 grams (1 cup of lettuce, dressing, croutons, & cheese) Tortilla Chips 30 gr</p>	<p>100% Juice 16 gr Apple 19 gr Apple Slices 11 gr Applesauce cup 12 gr Applesauce 13 gr Banana 27 gr Blueberries 9 gr Craisins 30 gr Fruit Cocktail 15 gr Mand Oranges 20 gr Mango 13 gr Mixed Fruit 15 gr Orange Wedges 16 gr Peaches 14 gr Pears 15 gr Pineapple 14 gr Strawberries 22 gr</p>	<p>3 Bean Salad 12 gr Broccoli Florets & Carrots 12 gr Carrots 3 gr & Celery 1 gr Cucumber Coins 3 gr Edamame & Garbanzo Beans 11 gr Garbanzo Beans 16 gr Grape Tomatoes 9 gr Kohlrabi Sticks 12 gr</p>	<p>Korean Slaw 27 gr Jicama Sticks 3 gr Pickles 2 gr (12 slices) Refried Beans 12 gr Romaine Lettuce 2 gr Squash Coins 2 gr Veggie Juice 14gr Yam Stix 6 gr</p>
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Spring Breakfast Cycle

Mon	Tue	Wed	Thu	Fri
<p>Cinnamon Danish 40 gr</p> <p>Assorted Cereal & Please Check container String Cheese 1 gr</p>	<p>Muffin & Craisins 56 gr</p> <p>Assorted Cereal & Please Check container String Cheese 1 gr</p>	<p>Mini Waffles 37 gr</p> <p>Assorted Cereal & Please Check container String Cheese 1 gr</p>	<p>Muffin & Apple Slices 37 gr Assorted Cereal & Please Check container String Cheese 1 gr</p>	<p>Pancakes & Scrambled Eggs – 30gr</p> <p>Assorted Cereal & Please Check container String Cheese 1 gr</p>

****Carb Counts are accurate at the time of printing to the best of our knowledge. However, product substitution or vendor recipe/formula changes can occur****