

# Elementary – March 2020

## Carb Counts

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
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 <b>V 29 gr</b>  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  <b>Croissant – 30 gr</b> <b>Chix Salad – 6 gr</b>	Turkey Hot Dog 2 gr Seasoned Wedges 20 gr  Meatball & Marinara 7 gr Carrots 9 gr
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Corn Puppies 38 gr Carrots 9 gr  Beef Teriyaki over Rice 38 gr	Beef & Turkey 30 gr Pepperoni Pizza  Soy Butter & Jelly Sandwich <b>V 55 gr</b>	Cheeseburger 1 gr Tater Tots 18 gr  BBQ Pork 17 gr Tater Tots 18 gr	Grab & Go Lunch <b>V—</b> 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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20 – No School</b>
Chicken Drumstix & Waffles 27 gr  Italian Dunkers <b>28gr</b> 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 <b>V 37 gr</b> <b>Breadstick 21 gr</b>	Cheese Pizza <b>V 🍷 29 gr</b>  Ham & Cheese Sub <i>(made with turkey ham)</i> Peewee Bun 31 gr	Mac & Trees <b>V 🍷 38 gr</b>  Bento Box 2  <b>Hardboiled Egg, Turkey            Stick, Baby Carrots 🍷,            Animal Crackers            30 gr</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>28</b>
Chicken Nuggets Green beans 16 gr  Jambalaya over Rice 45 gr	Beef Walkin’ Tacos 2 gr Corn 18 gr  Grilled Cheese <b>V 35 gr</b>	Beef & Turkey Pepperoni Pizza 30 gr  Grab & Go Lunch <b>V—</b> 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
	<b>Garden Bar Items</b>	<b>Fruit</b>	<b>Vegetables</b>	<b>Based on ½ Serving</b>

<p><b>Condiments</b></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, &amp; cheese)  Choc Chip Cookie <b>19 g</b>  <b>Dinner Roll 13 gr</b>  <b>Festive Cookie 27 gr</b>  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, &amp; 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 &amp;  Carrots 12 gr  Carrots 3 gr &amp;  Celery 1 gr  Cucumber Coins 3 gr  Edamame &amp; 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 &amp; Please Check container String Cheese 1 gr</p>	<p>Muffin &amp; Craisins 56 gr</p> <p>Assorted Cereal &amp; Please Check container String Cheese 1 gr</p>	<p>Mini Waffles 37 gr</p> <p>Assorted Cereal &amp; Please Check container String Cheese 1 gr</p>	<p>Muffin &amp; Apple Slices 37 gr Assorted Cereal &amp; Please Check container String Cheese 1 gr</p>	<p>Pancakes &amp; Scrambled Eggs – 30gr</p> <p>Assorted Cereal &amp; 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\*\*\*\*