

Carb Count Menu – May 2021

Daily Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Read Label String Cheese 1 Apple Slices 11 🍏 Milk 28	Cinni Minis 40 String Cheese 1 100% Fruit Juice 16 Milk	Homemade Muffin 28 String Cheese 1 Orange Wedges 15 Milk	Mini Pancakes 34 String Cheese 1 Canned Fruit 14 - 16 Milk	Bagel 44 & Cream Cheese 1 String Cheese 1 100% Fruit Juice 16 Milk

Daily Lunch Menu

3	4	5	6	7
Grilled Cheese 31 Baby Carrots 🍷 3 Applesauce Cup 12 Milk	Bento Box 15 <i>(turkey & cheese slices w/crackers 🍷)</i> Romaine & Tomatoes 4 Craisins 30 Milk	Chicken Patty 13 on a Bun 🍷 26 Corn 5 Berry Cup 20 Milk	Turkey Corn Puppies 33 Cooked Carrots 6 100% Fruit Juice 16 Milk	Cheese 13 Chips 30 Refried Beans 16 Salsa 3 Orange Wedges 15 Milk
10	11	12	13	14
Walking Tacos with Beef 2 with Corn 5 Fritos 🍷 16 Diced Pears 16 Milk	Grab & Go V 44 <i>(string cheese, yogurt, & bread slice 🍷)</i> Veggie Juice 13 Berry Cup 20 Milk	All Beef Cheeseburger 30 on a Bun 🍷 Corn 5 100% Fruit Juice 16 Milk	Mac & Trees 37 Apple Slices 11 Milk	Cheese Pizza V 29 Romaine & Tomatoes 4 Applesauce Cup 12 Milk
17	18	19	20	21
Chicken Strips 🍷 13 Green Beans 6 100% Fruit Juice 16 Milk	Baked Ziti V 50 Berry Cup 20 Milk	Beef Fiesta Nachos 29 Tortilla Chips 🍷 30 Diced Pears 16 Milk	Cheese Pizza V 29 Romaine & Tomatoes 4 Applesauce Cup 12 Milk	Turkey Hot Dog 28 on a Bun 🍷 Potato Wedges 20 Diced Peaches 14 Milk
24	25	26	27	28
Grilled Cheese 31 Baby Carrots 🍷 3 Applesauce Cup 12 Milk	Bento Box 15 <i>(turkey & cheese slices w/crackers 🍷)</i> Romaine & Tomatoes 4 Craisins 30 Milk	Chicken Patty 13 on a Bun 🍷 26 Corn 5 Berry Cup 20 Milk	Turkey Corn Puppies 33 Cooked Carrots 6 100% Fruit Juice 16 Milk	

31	6/1	2	3	4
	<p>Grab & Go V 44 <i>(string cheese, yogurt, & bread slice)</i> Veggie Juice 13 Berry Cup 20 Milk</p>	<p>All Beef Cheeseburger 30 on a Bun Corn 5 100% Fruit Juice 16 Milk</p>	<p>Mac & Trees 37 Apple Slices 11 Milk</p>	<p>Cheese Pizza V 29 Romaine & Tomatoes 4 Applesauce Cup 12 Milk</p>
7	8	9	10	11
<p>Chicken Strips 13 Green Beans 6 100% Fruit Juice 16 Milk</p>	<p>Turkey Hot Dog 28 on a Bun Potato Wedges 20 Diced Peaches 14 Milk</p>	<p>Beef Fiesta Nachos 29 Tortilla Chips 30 Diced Pears 16 Milk</p>	<p>Cheese Pizza V29 Romaine & Tomatoes 4 Applesauce Cup 12 Milk</p>	<p>Turkey Hot Dog 28 on a Bun Potato Wedges 20 Diced Peaches 14 Milk</p>