

Elementary – June 2019

Carb Counts

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
All Beef Cheeseburger 4gr Potato Pucks 16 gr Spicy Chicken 13 gr Carrots 9 gr	Grab & Go Lunch V — String Cheese 1 gr , Yogurt, 17 gr Berry Bread Slice 43 gr Spaghetti and Meatsauce 24 gr	Chicken Strips 14 gr Seasoned Potato Wedges 20 gr Soy Butter & Jelly Sandwich V 55 gr	Beef & Turkey 30 gr Pepperoni Pizza Chef Salad 18 gr	Chicken Teriyaki Spiced Rice 54 gr Beef Taco Salad 0 gr Tortilla Chips 17 gr
10	11	12		
French Toast Sticks 29 gr Pork Sausage Link 1 gr Chicken Nuggets 10 gr Corn 18 gr	Chicken Strips & Waffles 29 gr Italian Dunkers 28gr Marinara Sauce 11gr	Turkey Hot Dog 2 gr Baked Beans 29 gr Ham & Cheese Sub* *Turkey-ham 11 gr Carrots 5 gr Slushie 22 gr		
	Garden Bar Items	Fruit	Vegetables	Based on ½ Serving
<u>Condiments</u> Skim Milk – 11 gr 1% - 13 gr Choc Milk – 23 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 Mixed Fruit 15 gr	Caesar Salad 8 gr (1 cup lettuce, dressing, croutons, & cheese) Choc Chip Cookie 19 g Fritos 15 gr Goldfish Gram 19 gr Hamburger Bun 22 gr Hot Dog Bun 22 gr Ranch Salad 9 grams (1 cup of lettuce, dressing, croutons, & cheese) Tortilla Chips 18 gr	100% Juice 16 gr Apple 19 gr Applesauce 22 gr Banana 19 gr Blueberries 9 gr Craisins 30 gr Fruit Cocktail 15 gr Mand Oranges 20 gr Mango 13 gr Merry Berries 20 gr Mixed Fruit 15 gr Orange Wedges 16 gr Peaches 26 gr Pears 15 gr Pineapple 14 gr Strawberries 22 gr	3 Bean Salad 12 gr Broccoli Florets & Carrots 5 gr Carrots 9 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	Korean Slaw 27 gr Jicama Sticks 3 gr Pickles 2 gr (12 slices) Refried Beans 12 gr Romaine Lettuce 19 gr Squash Coins 2 gr Veggie Juice 14gr Yam Stix 6 gr

Spring 2019 Breakfast Cycle

Mon	Tue	Wed	Thu	Fri
Cinni Mini 40 gr	Egg Patty & Cheese Muffin 27 gr	Trail Mix Bar 61 gm Or	Muffin & Craisins 56 gr	Bagel & Cream Cheese 48 gr
Assorted Cereal & Please Check container String Cheese 1 gr	Assorted Cereal & Please Check container String Cheese 1 gr	Cherry Frudel 37 gr Assorted Cereal & Please Check container String Cheese 1 gr	Assorted Cereal & Please Check container String Cheese 1 gr	Assorted Cereal & Please Check container String Cheese 1 gr

******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******