

# Elementary – May 2019

## Carb Counts

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Beef Fiesta Nachos 20gr Tortilla Chips 17 gr  Italian Dunkers <b>V 28gr</b> Marinara Sauce 11gr	Whole Grain 29 gr French Toast Sticks Pork Sausage Link 1 gr  Mongolian Beef Brown Rice 60 gr	Turkey Hot Dog 2 gr Potato Wedges 20 gr  Meatball 6 gr Carrots 9 gr
6	7	8	9	10
All Beef Cheeseburger 4gr Potato Pucks 16 gr  Spicy Chicken 13 gr Carrots 9 gr	Grab & Go Lunch <b>V</b> — 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 <b>V 55 gr</b>	Beef & Turkey 30 gr Pepperoni Pizza  Chicken Pot Pie 22 gr	Chicken Teriyaki Spiced Rice 54 gr  Beef Taco Salad 0 gr Tortilla Chips 17 gr
13	14	15	16	17
Chicken Strips & Waffles 29 gr  Italian Dunkers <b>28gr</b> Marinara Sauce 11gr	Turkey Hot Dog 2 gr Baked Beans 29 gr  Ham & Cheese Sub* *Turkey-ham 11 gr Potato Puck 16 gr	French Toast Sticks 29 gr Pork Sausage Link 1 gr  Whole Grain Cheese Lasagna <b>V 37 gr</b>	Cheese Pizza <b>V 29 gr</b>  Chicken Curry Squash over Rice 50 gr	Mac & Trees <b>V 38 gr</b>  Chicken Nuggets 10 gr Corn 18 gr
20	21	22	23	24
Corn Puppies 38 gr Carrots 9 gr  Chili Lime Chix Bowl 29 gr Tortilla Chips 18 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 Yogurt 17 gr Choc Chip Loaf 26 gr	Pancakes 21 gr Pork Sausage Link 1 gr  Indian Butter Chicken over Brown Rice 51 gr	Beef Sloppy Joe 6 gr Tater Tots 18 gr  Shredded BBQ Pork 25 gr Green Beans 6 gr
27	26	28	29	30
	Chicken Patty 13 gr Green Beans 6 gr  Hamburger 0 Corn 24 gr	Beef Fiesta Nachos 20gr Tortilla Chips 17 gr  Italian Dunkers <b>V 28gr</b> Marinara Sauce 11gr	Whole Grain 29 gr French Toast Sticks Pork Sausage Link 1 gr  Mongolian Beef Brown Rice 60 gr	Turkey Hot Dog 2 gr Potato Wedges 20 gr  Meatball 6 gr Carrots 9 gr

	Garden Bar Items	Fruit	Vegetables	Based on ½ Serving
<b><u>Condiments</u></b> 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 <b>19 g</b> 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

## Winter 2019 Breakfast Cycle

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