

# Elementary – Nov 2018

## Carb Counts

Mon	Tue	Wed	Thu	Fri
5	6	7	8	9
All Beef Cheeseburger 4gr Tater Tots 18 gr  Spicy Chicken 13 gr Carrots 9 gr	Beef & Turkey 30 gr Pepperoni Pizza  Grab & Go Lunch <b>V</b> — String Cheese 1 gr , Yogurt, 17 gr Berry Bread Slice 43 gr	Pancake wrapped Sausages 15 gr Scrambled Eggs <b>V1 gr</b>  Soy Butter & Jelly Sandwich <b>V 55 gr</b>	Chicken Strips 14 gr Seasoned Potato Wedges 20 gr  Loaded Mashed Potatoes 34 gr	No Lunch
12	13	14	15	16
French Toast Sticks 29 gr Pork Sausage Link 1 gr  Whole Grain Cheese Lasagna <b>V 37 gr</b>	Turkey Hot Dog 2 gr Baked Beans 29 gr  Ham & Cheese Sub* Celery Sticks *Turkey-ham 6 gr	Chicken&Waffles 21 gr  Italian Dunkers <b>28gr</b> Marinara Sauce 11gr		Mac & Trees <b>V 38 gr</b>  Chicken Nuggets 10 gr Corn 18 gr
19	20	21	22	23
Beef & Turkey Pepperoni Pizza 30 gr  Beef Burrito Dip 23 gr Tortilla Chips 18 gr	Turkey & Gravy Mashed Potatoes & corn 24 gr  Grilled Cheese <b>V 35 gr</b>			
29	30	31	1	2
Cheese Pizza 29 gr  Popcorn Chicken 16 gr Breadstick 21 gr	Chicken Patty 13 gr Green Beans 6 gr  Hamburger o Corn 20 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  Korean BBQ Beef Brown Rice 60 gr	Turkey Hot Dog 2 gr Seasoned Potato Wedges 20 gr  Turkey Bacon Ranch Sub 9 gr Jicama 3 gr

	Garden Bar Items	Fruit	Vegetables	Based on ½ Serving
<b><u>Condiments</u></b> 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	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 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 3 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 2018 Breakfast Cycle

Mon	Tue	Wed	Thu	Fri
Maple Waffles 37 gr  Assorted Cereal & Please Check container String Cheese 1 gr	Bagel & Cream Cheese 48 gr  Assorted Cereal & Please Check container String Cheese 1 gr	Trail Mix Bar 61 gm Or Berry Bread – 43 gr  Assorted Cereal & Please Check container String Cheese 1 gr	Cinni Mini 40 gr  Assorted Cereal & Please Check container String Cheese 1 gr	Egg & Cheese Muffin 26 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\*\*\*\*