

Elementary – Sept 2019

Carb Counts

Mon	Tue	Wed	Thu	Fri
	3	4	5	6
	Chicken Patty 13 gr Corn 24 gr Hamburger o Corn 24 gr	Beef Fiesta Nachos 20gr Tortilla Chips 17 gr Italian Dunkers V 28gr Green Beans 4 gr Marinara Sauce 11gr	Whole Grain 29 gr French Toast Sticks Pork Sausage Link 1 gr Kung Pao Chicken Broccoli 9 gr Brown Rice 45 gr Fortune Cookie 16 gr	Turkey Hot Dog 2 gr Potato Wedges 20 gr Turkey Bacon Ranch 6 gr Carrots 9 gr
9	10	11	12	13
Beef Teriyaki over Rice 53 gr Soy Butter & Jelly Sandwich V 55 gr	Beef & Turkey 30 gr Pepperoni Pizza Corn Puppies 38 gr Carrots 9 gr	Cheeseburger 1 gr Tater Tots 18 gr BBQ Chicken 15 gr Tater Tots 18 gr	Grab & Go Lunch V— String Cheese 1 gr , Yogurt, 17 gr Choc chip loaf 26 gr Swedish Meatballs 30 gr Mashed Potatoes 15 gr	Chicken Strips 14 gr Seasoned Potato Wedges 20 gr Beef Taco Salad 0 gr Tortilla Chips 17 gr
16	17	18	19	20
Chicken Drumstix & Waffles 27 gr Italian Dunkers 28gr Marinara Sauce 11gr Carrots 9 gr	Turkey Hot Dog 2 gr Baked Beans 29 gr BBQ Pork 17 gr Corn 24 gr	French Toast Sticks 29 Pork Sausage Link 1 gr Whole Grain Cheese Lasagna V 37 gr Breadstick 21 gr	Cheese Pizza V 29 gr Ham & Cheese Sub Includes bun 31 gr	Mac & Trees V 38 gr Bento Box – Egg turkey Stix Carrots, & Animal Crax 30 gr
23	24	25	26	27
Chicken Nuggets Green beans 16 gr Tater Tot Casserole 41 gr	Beef Walkin’ Tacos 2 gr Corn 18 gr Grab & Go Lunch V— String Cheese, 1 gr Egg 1 gr Choc Chip Loaf 26 gr	Beef & Turkey Pepperoni Pizza 30 gr Grilled Cheese V 35 gr	Pancakes 21 gr Pork Sausage Link 1 gr Beef & Broc 8 gr over Brown Rice 51 gr	Beef Sloppy Joe 6 gr Tater Tots 18 gr Spicy Chicken 10 gr Tater Tos 18 gr
30				
Chicken Patty 13 gr Corn 24 gr Hamburger o Corn 24 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

Winter 2019 Breakfast Cycle

Mon	Tue	Wed	Thu	Fri
Cinni Mini 40 gr Assorted Cereal & Please Check container String Cheese 1 gr	Egg Patty & Cheese Muffin 27 gr Assorted Cereal & Please Check container String Cheese 1 gr	Muffin & Craisins 56 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	Mini Pancakes 34 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****