

Elementary – January 2018

Carb Counts

Mon	Tue	Wed	Thu	Fri
7	8	9	10	11
Cheese Pizza 29 gr Popcorn Chicken 16 gr Breadstick 21 gr	Chicken Patty 13 gr Green Beans 6 gr Hamburger 0 Corn 24 gr	Beef Fiesta Nachos 20gr Tortilla Chips 17 gr Italian Dunkers V 28gr 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 Meatball Sub – 6 gr Carrots 9 gr
14	15	16	17	18
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 Chicken Pot Pie 22 gr	Chicken Teriyaki Spiced Rice 54 gr Beef Taco Salad 0 gr Tortilla Chips 17 gr
21	22	23	24	25
	Turkey Hot Dog 2 gr Baked Beans 29 gr Ham & Cheese Sub* *Turkey-ham 11 gr Potato Puck 16 gr	Chicken & Waffles 21 gr Italian Dunkers 28gr Marinara Sauce 11gr	Cheese Pizza V 29 gr Beef Stew 18 gr	
28	29	30	31	
Corn Puppies 38 gr Carrots 9 gr Beef Chili with Noodles 31 gr Tortilla Chips 18 gr	Beef Walkin' Tacos 2 gr Corn 18 gr Grilled Cheese V 35 gr	Beef & Turkey Pepperoni Pizza 30 gr Grab & Go Lunch V — 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	

	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 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
Pork Sausage & Cheese 26 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 Berry Bread – 43 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****