

K – 8 January 2019 Lunch Menu - Carb Count

7	8	9	10	11
<p><i>Daily Salads</i> Chicken Caesar 10 gr Apple Crunch Salad 54 gr</p> <p><i>Main Feature</i> Chicken Strips 17 gr Tater Tots 23 gr</p> <p>Hamburger & bun 22 gr Baked Tater Tots 23 gr</p> <p>Pepperoni Calzone 35 gr (Beef & Chicken)</p>	<p><i>Daily Salads</i> Turkey Cobb 6 gr Veggie Box 20 gr</p> <p><i>The Main Feature</i> Cheese Quesadilla 62 gr</p> <p>Hot Dog(beef) & Bun 27 gr Seasoned Fries 29 gr</p> <p>Cheese Pizza 25 gr</p>	<p><i>Daily Salads</i> Buffalo Chicken∞ 6 gr Waldorf Apple Salad 23 gr</p> <p><i>The Main Feature</i> Beef & Bean Enchilada 48 gr Spanish Rice 11 gr</p> <p>Cheeseburger& Bun 23 gr Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Beef & Pork)</p>	<p><i>Daily Salads</i> Seven Layer Salad 14 gr Zesty Quinoa Salad 34 gr</p> <p><i>The Main Feature</i> Chicken Teriyaki over Brown Rice 61 gr</p> <p>Hot Ham (turkey) & Cheese Sandwich & Bun 25 gr & Seasoned Fries 29 gr</p> <p>Pepperoni Pizza 30 gr (Beef & Pork)</p>	<p><i>Daily Salads</i> Chicken Caesar 10 gr Veggie Salad 20 gr</p> <p><i>The Main Feature</i> Cub Sub(turkey ham, 54 gr turkey & cheddar cheese) & bun</p> <p>Buffalo Chicken Loaded Tater Tots 31 gr</p> <p>Cheese Pizza 25 gr</p>
14	15	16	17	18
<p><i>Daily Salads</i> Chicken Caesar 10 gr Apple Crunch Salad 54 gr</p> <p><i>The Main Feature</i> Spicy Chicken Strips 23gr Baked Tater Tots 23 gr</p> <p>Hamburger & Bun 22 gr & Tater Tots 23 gr</p> <p>Pepperoni Calzone 35 gr (Beef & Chicken)</p>	<p><i>Daily Salads</i> Turkey Cobb 6 gr Veggie Box 20 gr</p> <p><i>The Main Feature</i> Beef Taco Salad with Tortilla Chips 44 gr</p> <p>Corn Dog (turkey) 25 gr& Seasoned Fries 29 gr</p> <p>French Bread Cheese 25 gr</p>	<p><i>Daily Salads</i> Buffalo Chicken∞ 6 gr Mediterranean</p> <p><i>The Main Feature</i> Mac & Cheese 50 gr</p> <p>Chicken Sand & Bun 39 gr & Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Pork & Beef)</p>	<p><i>Daily Salads</i> Seven Layer Salad 14 gr Zesty Quinoa Salad 34 gr</p> <p><i>The Main Feature</i> Chili Lime Chicken Tacos 36 gr</p> <p>Grilled Cheese 32 gr Seasoned Fries 29 gr</p> <p>Pepperoni Pizza 30 gr (Beef & Pork)</p>	<p><i>Daily Salads</i> Chicken Caesar 10 gr Veggie Salad 20 gr</p> <p><i>The Main Feature</i> Meatball Sub 69 gr Baked Tater Tots 23 gr</p> <p>Hot Dog(beef) & 27 gr Baked Tater Tots 23 gr</p> <p>French Bread Cheese Pizza  25 gr</p>

21	22	23	24	25
	<p><i>Daily Salads</i> Turkey Cobb 6 gr Veggie Box 20 gr</p> <p><i>The Main Feature</i> Chicken Nuggets 12 gr Baked Tater Tots 23 gr Cheeseburg & bun– 23 gr Tater Tots 23 gr</p> <p>Pepperoni Calzone 35 gr (Beef & Chicken)</p>	<p><i>Daily Salads</i> Buffalo Chicken∞ 6 gr Mediterranean</p> <p><i>The Main Feature</i> Spaghetti & Meatsauce 61 gr</p> <p>Spicy Chicken & bun 39 gr Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Pork & Beef)</p>	<p><i>Daily Salads</i> Seven Layer Salad 14 Zesty Quinoa Salad 34 gr</p> <p><i>The Main Feature</i> Mac & Cheese 38 gr with BBQ Pork 10 gr</p> <p>Sloppy Joe & bun 32 gr Seasoned Wedges 29 gr</p> <p>Pepperoni Pizza30 gr (Beef & Pork)</p>	
28	29	30	31	2/1
<p><i>Daily Salads</i> Chicken Caesar 10 gr Apple Crunch Salad 54 gr ✓</p> <p>BBQ Chicken Wings 39 gr & Baked Tater Tots 23 gr</p> <p>Grilled Chicken & bun 27 gr & Baked Tater Tots 23 gr</p> <p>Pepperoni Calzone 35 gr (Beef & Chicken)</p>	<p><i>Daily Salads</i> Turkey Cobb 6 gr Veggie Box 20 gr</p> <p><i>The Main Feature</i> Beef Taco Salad with Tortilla Chips 44 gr</p> <p>Corn Dog (turkey) 25 gr& Seasoned Fries 29 gr</p> <p>French Bread Cheese 25 gr</p>	<p><i>Daily Salads</i> Buffalo Chicken ∞ Salad Mediterranean ✓</p> <p><i>The Main Feature</i> Cheesy Ziti ✓ 30 gr</p> <p>Chili Lime Chicken Tacos 36 gr</p> <p>Sausage Pizza 31 gr (Beef & Pork)</p>	<p><i>Daily Salads</i> Seven Layer Salad Zesty Quinoa Salad ✓</p> <p><i>The Main Feature</i> Sesame Chicken Noodle Bowl 26 gr</p> <p>Hot Dog (beef) 27 gr & Seasoned Fries 29 gr</p> <p>Pepperoni Pizza∞ 30 gr (Beef & Pork)</p>	<p><i>Daily Salads</i> Chicken∞ Caesar Veggie Salad ✓</p> <p><i>The Main Feature</i> Chili 27 gr Corn Bread 29 gr</p> <p>Baked Chicken & Bun 39 gr Baked Tater Tots 23 gr</p> <p>French Bread Cheese Pizza 25 gr</p>

	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	Caesar Salad 8 gr Choc Chip Cook 19 g Fritos 15 gr GF Gram 19 gr Hamb Bun 22 gr Hot Dog Bun 22 gr Ranch Salad 9 grams 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 Salad 11 gr Broccoli Florets & Carrots 5 gr Carrots 3 gr Carrots 3 gr & Celery 1 gr Coleslaw 19 gr Cowboy Caviar 20 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 Potato Salad 22 gr Squash Coins 2 gr Refried Beans 12 gr Romaine Lettuce 19 gr Veggie Juice 14gr Yam Stix 6 gr