






# K – 8 March 2002 Lunch Menu - Carb Count

2	3	4	5	6
<p style="text-align: center;"><i>Daily Salads</i></p> <p>Chicken Caesar 10 gr Apple Crunch Salad 54 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Chicken Strips 17gr Baked Tater Tots 23 gr</p> <p>Hamburger &amp; Bun 23gr &amp; Tater Tots 23 gr</p> <p>Pepperoni Pizza 30 gr (Beef &amp; Pork)</p> <p><b>Calzone 30 gr</b></p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Turkey Cobb 6 gr Mediterranean 16 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Cheese Quesadilla 60 gr</p> <p>Hot Dog 2 gr &amp; Seasoned Fries 29 gr</p> <p style="text-align: center;">Cheese Pizza 31 gr</p>	<p style="text-align: center;"><i>Salads</i></p> <p>Buffalo Chicken∞ 6 gr Southwest 62 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Spaghetti &amp; Meatsauce 35 gr</p> <p>Spicy Chix 14 gr &amp; Bun 25 gr Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Pork &amp; Beef)</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Tuna Salad 10 gr Thai 24 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>General Tso 25 gr Brown Rice 32 gr</p> <p>Grilled Cheese 31 gr Seasoned Fries 29 gr</p> <p>Pepperoni Pizza 30 gr (Beef &amp; Pork)</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Chicken Caesar 10 gr Veggie Salad 20 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Chix 13 gr &amp; Bun 25 gr Baked Tater Tots 23 gr</p> <p>Club Sub &amp; Bun 45 gr</p> <p style="text-align: center;">Cheese Pizza 31 gr</p>
9	10	11	12	13
<p style="text-align: center;"><i>Daily Salads</i></p> <p>Chicken Caesar 10 gr Apple Crunch Salad 54 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Spicy Chicken Strips 23gr Baked Tater Tots 23 gr</p> <p>Cheeseburger &amp; Bun 23gr &amp; Tater Tots 23 gr</p> <p>Pepperoni Pizza 30 gr (Beef &amp; Pork)</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Turkey Cobb 6 gr Mediterranean 16 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Beef Taco Salad with Tortilla Chips 44 gr</p> <p>Corn Dog (turkey) 25 gr&amp; Seasoned Fries 29 gr</p> <p style="text-align: center;">Cheese Pizza 31 gr</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Buffalo Chicken∞ 6 gr Southwest 62 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Macaroni &amp; Cheese 50 gr</p> <p>Chicken 13 gr &amp; Bun 25 Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Pork &amp; Beef)</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Tuna Salad 10 gr Thai 24 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Mongolian Beef 12 gr Brown Rice 32 gr</p> <p>Hot Dog 2 gr Seasoned Fries 29 gr</p> <p>Pepperoni Pizza 30 gr (Beef &amp; Pork)</p>	<p style="text-align: center;"><i>Daily Salads</i></p> <p>Chicken Caesar 10 gr Veggie Salad 20 gr</p> <p style="text-align: center;"><i>The Main Feature</i></p> <p>Chix Burrito Bowl 26 gr Tortilla Chips 1.5oz = 30 gr</p> <p>Cheese Sticks x 3 42gr Marinara Sauce 8 gr</p> <p>Cheese Pizza  <b>31 gr</b></p>

16	17	18	19	20 No School
<p><i>Daily Salads</i>  Chicken Caesar 10 gr  Apple Crunch Salad 54 gr  </p> <p><i>The Main Feature</i>  Chicken Nuggets 12 gr  Baked Tater Tots 23 gr  BBQ Pulled Pork 17 gr  Bun 25 gr  Baked Tater Tots 23 gr  Pep Pizza 30 gr</p> <p>(Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Turkey Cobb 6 gr  Mediterranean 16 gr</p> <p><i>The Main Feature</i>  Nachos – 46 gr  Spicy Chicken 14 gr &amp; Bun 25  Baked Tater Tots 23 gr  Cheese Pizza 31 gr</p>	<p><i>Daily Salads</i>  Buffalo Chicken ∞ 6 gr  Southwest 62 gr</p> <p><i>The Main Feature</i>  Chicken Alfredo 26 gr  Hamburger &amp; bun 25 gr  Baked Tater Tots 23 gr  Sausage Pizza 31 gr  (Pork &amp; Beef)</p>	<p><i>Daily Salads</i>  Tuna Salad 10 gr  Thai 24 gr</p> <p><i>The Main Feature</i>  Chicken Strips 17 gr  &amp; Seasoned Fries 29 gr  Beef Chili – 42 gr  &amp; Corn Bread 29 gr  Pepperoni Pizza 30 gr  (Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Chicken Caesar 10 gr  Veggie Salad 20 gr</p> <p><i>The Main Feature</i>  Hot Dog 2 gr &amp;  Tater Tots 23 gr  Buffalo Chicken Loaded  Tater Tots 31 gr  Cheese Pizza 31 gr</p>
23	24	25	26	27
<p><i>Daily Salads</i>  Chicken Caesar 10 gr  Apple Crunch Salad 54 gr  </p> <p>Chicken Drummie -11 gr  Waffle – 21 gr  Syrup 29 gr  Cheeseburger 1 gr  &amp; Bun 25 gr  &amp; Tater Tots 23 gr  Pepperoni Pizza 30 gr  (Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Turkey Cobb 6 gr  Mediterranean 16 gr</p> <p><i>The Main Feature</i>  Beef Burrito Bowl 26 gr  Tortilla Chips 1.5 oz = 30 gr  Spicy Chicken 14 gr &amp; Bun 25  Seasoned Fries 29 gr  Cheese Pizza 31 gr</p>	<p><i>Daily Salads</i>  Buffalo Chicken ∞ Salad  Southwest 62 gr  </p> <p><i>The Main Feature</i>  Cheesy Ziti 30 gr  Hot Dog 2 gr &amp; 26 gr  Baked Tater Tots 23 gr  Sausage Pizza 31 gr  (Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Tuna Salad 10 gr  Thai 24 gr  </p> <p><i>The Main Feature</i>  Cheese Sticks x 3 42gr  Marinara Sauce 8 rg  Baked Chicken 13 gr &amp; Bun  25 gr &amp; Seasoned Fries 29 gr  Pepperoni Pizza ∞ 30 gr  (Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Chicken ∞ Caesar  Veggie Salad </p> <p><i>The Main Feature</i>  Meatball Sub/bun 69 gr  Baked Tater Tots 23 gr  Spicy Chicken 14 gr &amp; Bun 25  gr Baked Tater Tots 23 gr  Cheese Pizza 31 gr</p>

	Garden Bar Items	Fruit	Vegetables	Based on ½ Serving
<b>Condiments</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	Breadstick – 21 gr Caesar Salad 8 gr Choc Chip Cook <b>19 g</b> <b>Cookie with frosting 27 gr</b> <b>Dinner Roll 13 gr</b> Fortune Cookie – 24 gr Fritos 15 gr GF Gram 19 gr Hamb Bun 25 gr Hot Dog Bun 26 gr Ranch Salad 9 grams Tortilla Chips 30 gr	100% Juice 16 gr Apple 19 gr Apple slices 11 gr Applesauce Cup 12 gr Applesauce 13 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