



# K – 8 Sept 2019 Lunch Menu - Carb Count

2	3	4	5	6
	<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>Chicken Strips 17 gr Tater Tots 23 gr</p> <p>Hamburger &amp; bun 22 gr Baked Tater Tots 23 gr</p> <p>Cheese Pizza 25 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>Cheese Quesadilla 62 gr</p> <p>Hot Dog(beef) &amp; Bun 27 gr Baked Tater Tots 23 gr</p> <p>Sausage Pizza 31 gr (Beef &amp; Pork)</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>Grab &amp; Go Beef 67 gr</p> <p>Spicy Chicken Strips 23gr 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>Buffalo Chicken Loaded Tater Tots 31 gr</p> <p>Club Sub – Turkey Ham, Turkey, &amp; Cheddar Cheese 45 gr</p> <p>French Bread Cheese Pizza  <b>25 gr</b></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>French Bread Cheese 25 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>Grab &amp; Go Turkey 68 gr</p> <p>Chicken Sand &amp; Bun 39 gr &amp; 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>Chili Lime Chicken Tacos 36 gr</p> <p>Italian Sub/bun 44 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>Bbq chicken Sand Baked Tater Tots 23 gr</p> <p>Hot Dog(beef) &amp; 27 gr Baked Tater Tots 23 gr</p> <p>French Bread Cheese Pizza  <b>25 gr</b></p>

16	17	18	19	20
<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</p> <p>BBQ Pulled Pork  Baked Tater Tots 23 gr</p> <p>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>  Nachos 8 gr gr</p> <p>Spicy Chicken &amp; bun 39 gr  Seasoned Fries 29 gr</p> <p>French Bread Cheese 25 gr</p>	<p><i>Daily Salads</i>  Buffalo Chicken∞ 6 gr  Southwest 62 gr</p> <p><i>The Main Feature</i>  Grab &amp; Go Turkey Ham 68 gr</p> <p>Hamburger &amp; bun 22 gr  Baked Tater Tots 23 gr</p> <p>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</p> <p>Grilled Cheese  &amp; Seasoned Fries 29 gr</p> <p>Pepperoni Pizza30 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>  Buffalo Chicken Loaded  Tater Tots 31 gr</p> <p>Hot Dog(beef) &amp; Bun 27 gr  Baked Tater Tots 23 gr</p> <p>French Bread Cheese Pizza ✓  <b>25 gr</b></p>
23	24	25	26	27
<p><i>Daily Salads</i>  Chicken Caesar 10 gr  Apple Crunch Salad 54 gr  ✓</p> <p>Chicken Drummie  Waffle – 21 gr  Syrup 29 gr</p> <p>Cheeseburger &amp; Bun 23 gr  &amp; Tater Tots 23 gr</p> <p>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 Taco Salad with  Tortilla Chips 44 gr</p> <p>Corn Dog (turkey) 25 gr&amp;  Seasoned Fries 29 gr</p> <p>French Bread Cheese 25 gr</p>	<p><i>Daily Salads</i>  Buffalo Chicken ∞ Salad  Southwest 62 gr  ✓</p> <p><i>The Main Feature</i>  Grab &amp; Go Cheese 67 gr</p> <p>Beef Tacos  35 gr</p> <p>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>  Buffalo Chicken Wrap 53 gr</p> <p>Sloppy Joe &amp; Bun  &amp; Seasoned Fries 29 gr</p> <p>Pepperoni Pizza∞ 30 gr  (Beef &amp; Pork)</p>	<p><i>Daily Salads</i>  Chicken∞ Caesar  Veggie Salad ✓</p> <p><i>The Main Feature</i>  Turkey Bacon Ranch Sub  29 gr  &amp; Tots 23 gr</p> <p>Baked Chicken &amp; 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
<b><u>Condiments</u></b> 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 <b>19 g</b> Fortune Cookie – 24 gr 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 Merry Berry 20 gr Mixed Fruit 15 gr Orange Wedges 16 gr Peaches 26 gr Pears 15 gr Pineapple 14 gr Strawberries 22 gr Slushie	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