

December 2020 – Carb Count

Daily Breakfast Menu

All breakfast meals include string cheese, assorted fruit, and milk. Assorted varieties of cereal available daily.

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal read label String Cheese 1	Mini Waffles 37 String Cheese 1	Muffin 28 String Cheese 1	Cereal read label String Cheese 1	Bagel 44 & Cream Cheese 1 String Cheese 1

Daily Lunch Menu

11/30 Turkey Hot Dog on a Bun 28 Potato Wedges 20 100% Fruit Juice 16 Milk	1 Italian Dunkers 28 with Marinara 8 & Carrots 3 String Cheese 1 Craisins 30 Milk	2 Cheese 13 Chips 30 Refried Beans 16 Salsa 3 Diced Pears 16 Milk	3 Cheese Pizza 29 Romaine & Tomatoes 4 Applesauce Cup 13 Milk	4 Cheeseburger on a Bun 30 Corn 5 Diced Peaches 14 Milk
7 Philly Cheesesteak 10 Peewee Bun 26 Applesauce Cup 13 Milk	8 Grab & Go 44 <i>(string cheese, yogurt, & bread slice)</i> Baby Carrots 3 Craisins 30 Milk	9 Chicken Parmesan 21 Bun 26 Tater Tots 16 Mandarin Oranges Milk	10 Grilled Cheese 35 Romaine & Tomatoes 4 100% Fruit Juice 16 Milk	11 Beef Fiesta Nachos 29 Tortilla Chips 30 Orange Wedges 16 Milk
14 BBQ Beef on a 14 Hamburger Bun 26 Tater Tots 16 Diced Pears 16 Milk	15 Bento Box 15 <i>(turkey & cheese slices with crackers and baby carrots)</i> Berry Cups 20 Milk	16 Chicken Strips 13 Green Beans 6 100% Fruit Juice 16 Milk	17 Beef Walking Tacos 2 with Corn 5 Fritos 16 Apple Slices 11 Milk	18 Cheese Pizza 29 Romaine & Tomatoes 4 Applesauce Cup 13 Milk

Skim Milk – 11, 1% - 11, Choc – 19, Ketchup – 2, Ranch – 4