

November Carb Count Menu

Meals for pick-up November 2 - 6

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28 Mini waffles 37 Assorted cereal varieties – read label Bagel Plain 44 & Cream Cheese 1 String cheese daily 1	Chicken nuggets 12 Cheese pizza 29 BBQ beef 14 and tater tots 16 Bun 27 Bento box 15 <i>(includes turkey and cheese slices and crackers)</i> Beef walking tacos 2 with Fritos 30	Local apples 19 Fresh orange 16 Fruit juice 16 Applesauce 13 Diced pears 16 Berry Cups 20	Shredded lettuce 1 Green beans 3 (1/4 cup) Corn 3 (1/4 cup)

Meals for pick-up November 9 - 13

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28 Mini waffles 37 Assorted cereal varieties – read label Bagel Plain 44 & Cream Cheese 1 String cheese daily 1	Turkey hot dog 2 potato wedges 20 Bun 26 Cheese 14 Salsa 3 Chips 30 nachos Cheese pizza 26 Italian dunkers 28 & Marinara 8 Cheeseburger 4 & Bun 26	Local apples 19 Diced peaches 14 Fresh orange 16 Fruit juice 16 Applesauce cup 12 Diced pears 15 Craisins 30	Baby carrots 4 (1/4 cup) Refried beans 16 Salsa 3 Shredded lettuce 1 Corn 16

Meals for pick-up November 16 - 20

<u>Breakfast Meals</u>	<u>Lunch Entrees</u>	<u>Whole & ½ cup Fruits and Vegetables for Breakfast & Lunch</u>	
Homemade muffin 28 Mini waffles 37 Assorted cereal varieties – read label Bagel Plain 44 & Cream Cheese 1 String cheese daily 1	Mini turkey corn dogs 38 Grab & Go 44 <i>(includes yogurt 17, string cheese 1, & bread slice 26)</i> Grilled cheese 35 Chicken 13 Sandwich & tater tots 16 Bun 26 Beef fiesta nachos 24 and tortilla chips 30	Local apples 19 Fruit juice 16 Applesauce 13 Craisins 30 Fresh orange 16 Mandarin oranges 17	Corn 16 Fresh baby carrots 12 Green beans 3 (1/4 cup) Bean & corn salsa 24

Meals for pick-up November 23 - 27

Breakfast Meals
Homemade muffin 28
Mini waffles 37
Assorted cereal varieties – read label
Bagel Plain 44 & Cream Cheese 1
String cheese daily 1

Lunch Entrees
Chicken nuggets 12
Cheese pizza 29
BBQ beef 14 and tater tots 16
Bun 27
Bento box 15
(includes turkey and cheese slices and crackers)
Beef walking tacos 2 with Fritos 30

Whole & ½ cup | Fruits and Vegetables for Breakfast & Lunch

Local apples 19
Fresh orange 16
Fruit juice 16
Applesauce 13
Diced pears 16
Berry Cups 20
Shredded lettuce 1
Green beans 3 (1/4 cup)
Corn 16

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