



# 2020 Summer Menu Carb Counts

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Choose 3 of the 4 components offered	Cereal Bar 30 gr Juice 14 gr String Cheese 1 gr Milk	Mini Pancakes 34 gr Craisins 30 gr String Cheese 1 gr Milk	Berry Bread 43 gr Juice 14 gr String Cheese 1 gr Milk	Cereal – see label Applesauce Cup 12 gr String Cheese 1 gr Milk	Cherry Frudel 37 gr Apple 19 gr String Cheese 1 gr Milk
	Cereal is available daily				
<b>Lunch or Supper</b>  <b>Entree</b>  <b>Sides</b>  <b>Milk</b>	Grab-N-Go String Cheese, 1 gr Hardboiled Egg, 1 gr Mini Loaf 26 gr	French Toast 29 gr Pork Sausage Links 1 gr	Bento Box Turkey Circles, Cheese Cubes, Baby Carrots Crackers 30 gr	Grilled Cheese 35 gr	Fiesta Nachos Beef Taco Meat, Bean Salsa, Cheddar Cheese 20 gr
	Apple 19 gr	Pineapple 14 gr		Apple Slices 11 gr Veggie Juice 14 gr Crackers 19 gr	Tortilla Chips 30 gr Banana 27 gr
	Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr	Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr	Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr	Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr	Skim Milk – 11 gr 1% - 11 gr Choc Milk – 19 gr

**Condiments**

Ketchup: 2

Mayonnaise: 0

Ranch Dressing: 4

**\*\*Carb Counts are accurate at the time of printing to the best of our knowledge. However, product substitution or vendor recipe/formula changes can occur\*\***