



# 2020 Summer Menu – Carb Counts

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Choose 3 of the 4 components offered	Muffin 32 gr Applesauce Cup 12 gr String Cheese 1 gr Milk	Cinnamon Danish 40 gr Juice 14 gr String Cheese 1 gr Milk	Cereal -see label Orange 21 gr String Cheese 1 gr Milk	Mini Waffles 37 gr Juice 14 gr String Cheese 1 gr Milk	Bagel & Cream Cheese (47) Craisins 30 gr String Cheese 1 gr Milk
	Cereal is available daily				
<b>Lunch or Supper</b>  <b>Entree</b>	Turkey Hot Dog 2 gr Potato Wedges 21 gr	Taco Salad Lettuce Taco Meat Grape Tomatoes Shredded Cheddar 0 gr	Cheese Pizza 29 gr	Ranch Parmesan Chicken Pasta Salad 27 gr	Chicken Nuggets 12 gr ½ cup carrots – 9gr ½ cup corn – 18 gr ½ cup green beans – 16 gr
	<b>Sides</b>	Hot Dog bun 26 gr Pear 23 gr	Tortilla Chips 30 gr (5)	Peaches – 14 gr Crackers – 14 gr	Green Beans 4 gr Apple Slices 19 gr
		<b>Milk</b>	Skim: 11 1%: 11 Chocolate: 19	Skim: 11 1%: 11 Chocolate: 19	Skim: 11 1%: 11 Chocolate: 19

### 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\*\***

