

ELEMENTARY LUNCH CARB COUNT

| | September 2 | September 3 | September 4 | September 5 | September 6 |
|-------------------|----------------------------------|---|----------------------------------|----------------------------|---------------------------------------|
| CHOICE 1 | Chicken Strips (14g) | Tangerine Chicken (9) w/Rice (11g) Roll (15g) | Pizza Crunchers (21g) | Personal Pizza (46g) | Macaroni & Cheese (25g) w/ Roll (15g) |
| CHOICE 2 | Turkey & Cheese Sand(28g) | Cheese Stuffed Breadstick (46g) | All Beef Hot Dog (26g) | Straw/ Banana Yogurt Boat | Fish Sticks (11g) w/ Roll (15g) |
| CHOICE 3 | Yogurt Cup w/ Scooby Snacks(44g) | Ham & Cheese Pretzel Sand.(33g) | Peanut Butter & Jelly Sand.(69g) | Turkey & Cheese Sand.(28g) | Peanut Butter & Jelly Sand.(69g) |
| CHOICE 4 | Chef Salad | Chef Salad | Chef Salad | Chef Salad | Chef Salad |
| VEGETABLES | Oven Fries (20g) | Steamed Broccoli (6.4g) | Baked Beans (21g) | Green Beans (5.8g) | Steamed Carrots (6g) |
| WED. TREAT | | | Hershey's Ice Cream | | |

| | September 9 | September 10 | September 11 | September 12 | September 13 |
|-------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------|-------------------------------------|
| CHOICE 1 | CV Chicken Bowl (18 +26 + 15g) | Walking Taco's w/ Toppings (24g) | Meatball Parmesan Sub (4+26+9g) | French Bread Pizza (23.1g) | Mini Pierogis (44g) w/ WG Roll (15) |
| CHOICE 2 | Cheese Burger (27g) | Pizza Crunchers (21g) | Chicken Patty (13g +25g) | Corn Dog (18g) | Hamburger BBQ (39g) |
| CHOICE 3 | Yogurt Cup w/ (44g)Scooby Snacks | Ham & Cheese Pretzel Sand. (33g) | Peanut Butter & Jelly Sand.(69g) | Turkey & Cheese Sand (28g) | Peanut Butter & Jelly Sand.(69g) |
| CHOICE 4 | Chef Salad | Chef Salad | Chef Salad | Chef Salad | Chef Salad |
| VEGETALBES | Mashed Potatoes w/ Gravy (26g) | Refried Beans (25g) | Steamed Peas (11g) | Steamed Corn (15g) | Steamed Green Beans (5.8g) |
| WED. TREAT | | | Rice Krispy Treat | | |

| | September 16 | September 17 | September 18 | September 19 | September 20 |
|-------------------|-----------------------------------|-------------------------------------|----------------------------------|----------------------------|--------------------------------------|
| CHOICE 1 | Chicken Nuggets (10g) | Lasagna Roll Ups (26g)w/ Breadstick | Bacon Cheese Burger (28g) | Cheese Pizza (46g) | French Toast Stix w/ Yogurt (34+13g) |
| CHOICE 2 | Turkey & Cheese Sand. (28g) | Cheese Stuffed Breadsticks (46g) | All Beef Hot Dog (26g) | Straw/ Banana Yogurt Boat | Fish Sandwich (16 g + 25g) |
| CHOICE 3 | Yogurt Cup w/ Scooby Snacks (44g) | Ham & Cheese Pretzel Sand. (33g) | Peanut Butter & Jelly Sand.(69g) | Turkey & Cheese Sand.(28g) | Peanut Butter & Jelly Sand.(69g) |
| CHOICE 4 | Chef Salad | Chef Salad | Chef Salad | Chef Salad | Chef Salad |
| VEGETALBES | Oven Fries (20g) | Steamed Broccoli (6.4g) | Baked Beans (21g) | Steamed Carrots (6g) | Hash Brown Potato |
| WED. TREAT | | | Hershey's Ice Cream | | |

| | September 9 | September 10 | September 11 | September 12 | September 13 |
|-------------------|-----------------------------------|----------------------------------|----------------------------------|----------------------------------|----------------------------------|
| CHOICE 1 | Chicken Patty (13g +25g) | Soft Taco w/ toppings | Hot Turkey Sandwich | Big Daddy's Cheese Pizza (23.8g) | Grilled Cheese (27.8g) |
| CHOICE 2 | Cheese Burger (27g) | Pizza Crunchers (21g) | Corn Dog (18g) | Beef Rib B Que (31g) | Chicken Quesadilla (37g) |
| CHOICE 3 | Yogurt Cup w/ Scooby Snacks (44g) | Ham & Cheese Pretzel Sand. (33g) | Peanut Butter & Jelly Sand.(69g) | Turkey & Cheese Sand (28g) | Peanut Butter & Jelly Sand.(69g) |
| CHOICE 4 | Chef Salad | Chef Salad | Chef Salad | Chef Salad) | Chef Salad |
| VEGETABLES | Potato Tots (22.62g) | Baked Beans(21g) | Mashed Potatoes w/ Gravy (26g) | Steamed Corn (15g) | Tomato Soup (20g) |
| WED. TREAT | | | Baked Cookie | | |

STUDENTS CAN HAVE 2 VEGGIES & 2 FRUITS FRESH SALAD AND VEGGIE PACKS OFFERE CHOICE OF FRESH OR CANNED FRUIT OR JUICE