

ELEMENTARY LUNCH CARB COUNT

	March 1	March 2	March 3	March 4	March 5
CHOICE 1	Chicken Patty Chicken Patty – 16g Hamburg Roll – 22g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g Marina Sauce – 12g	Mini Corn Dog House of Raeford WG Corn Dog Nuggets – 20g	Big Daddy's Cheese Pizza – 42 g	Grilled Cheese White Bread (2 slices) – 52g Am. Cheese (4 slices) – 4g
CHOICE 2	Peanut Butter & Jelly Sand.(69g)	Chef Salad	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Chef Salad	Peanut Butter & Jelly Sand.(69g)
VEGETALBES	Oven Fries Oreida Evercrsip – 22g	Refried Beans Santiago Refried Beans – 25g	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Steamed Corn – 17g	Tomato Soup Campbell's Tomato Soup – 20g
Wednesday Treat			Smiley Cookie		

	March 8	March 9	March 10	March 11	March 12
CHOICE 1	Chicken Nuggets (10g)	Walking Taco's w/ Toppings (24g) Beef Crumbles – 1g Taco Seasoning – 2g Baked Tostito Scoops 19g	All Beef Hot Dog Kunzler Hot Dog –1g Hot Dog Roll – 25g	Personal Pizza Tony's Deep Dish WG Pizza– 31g	Chicken Parm Sub Diced Chicken – 0 Cheese, Cheddar – 1g Marinara Sauce 12 g Steak Roll – 29 g Hot Dog Roll – 25g
CHOICE 2	Peanut Butter & Jelly Sand.(69g)	Chef Salad	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Chef Salad	Peanut Butter & Jelly Sand.(69g)
VEGETABLES	Oven Fries Oreida Evercrsip – 22g	Steamed Corn – 17g	Baked Beans Dawn glow – 21g	Green Beans – 6g	Steamed Carrots (6g)
Wednesday Treat			Ice Cream Treat Dixie Cups – 14 / 16g Raspberry Yogurt – 23g Vanilla Yogurt – 16 g Sherbet – 23 / 27g Original Mini Ice Cream Sand – 12g Fudge O bar – 16g		

	March 15	March 16	March 17	March 18	March 19
CHOICE 1	Chicken Patty Chicken Patty – 16g Hamburg Roll – 22g	Orange Chicken W/ rice, and WG Roll Tangerine Chick. – 25g WG Fried Rice – 54g	Meatball Parmesan Sub Advance Meatball – 4g Marinara Sauce – 12g Hot Dog Roll – 25g	French Bread Pizza WG Tony's French Bread Pizza – 23.6g	Fish Sandwich – 16 g Hamburger Roll – 22g
CHOICE 2	Peanut Butter & Jelly Sand.(69g)	Peanut Butter & Jelly Sand.(69g)	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Chef Salad	Peanut Butter & Jelly Sand.(69g)
VEGETALBES	Potato Tots – 19g)	Steamed Broccoli – 3g	Steamed Peas (12g	Baked Beans Dawn glow – 21g	Green Beans – 6g
Wednesday Treat			M & M Cookie		

	March 22	March 23	March 24	March 25	March 26
CHOICE 1	Chicken Nuggets (10g)	Cheese Stuffed Breadstick Beacon Street Café WG Cheese Stuff Breadstick – 28 g	Cheeseburger Beef Patty – 1g Am. Cheese – 1g Hamburg Roll – 22g	Cheese Pizza Tony's Smart Pizza – 26.6g	French Toast Stix w/ Scrambled Eggs French Toast Sticks 24g Syrup – 43g

CHOICE 2	Peanut Butter & Jelly Sand.(69g)	Chef Salad	Peanut Butter & Jelly Sand.(69g)	Chef Salad	Peanut Butter & Jelly Sand.(69g)
VEGETALBES	Oven Fries Oreida Evercrisp – 22g	Steamed Corn – 17g	Baked Beans Dawn glow – 21g	Steamed Carrots (6g)	Hash Brown Potato 15g
Wednesday Treat			Ice Cream Treat Dixie Cups – 14 / 16g Raspberry Yogurt – 23g Vanilla Yogurt – 16 g Sherbet – 23 / 27g Original Mini Ice Cream Sand – 12g Fudge O bar – 16g		

STUDENTS CAN HAVE 2 VEGGIES & 2 FRUITS
FRUIT OR JUICE

FRESH SALAD AND VEGGIE PACKS OFFERE CHOICE OF FRESH OR CANNED