

# ELEMENTARY LUNCH CARB COUNT

|                            | April 26   | April 27  | April 28   | April 29                           | April 30   |
|----------------------------|--|---|--|------------------------------------|--|
| <b>CHOICE 1</b>            | Chicken Patty<br>Chicken Patty – 16g<br>Hamburg Roll – 22g | Pizza Crunchers<br>Farm Rich Pizza<br>Crunchers – 41g<br>Marina Sauce – 12g | Cook's Choice<br><br>Peanut Butter & Jelly<br>Sand.(69g) | Big Daddy's Cheese<br>Pizza – 42 g | Grilled Cheese<br>White Bread (2 slices) –<br>52g<br>Am. Cheese (4 slices) –<br>4g |
| <b>CHOICE 2</b>            | Peanut Butter & Jelly<br>Sand.(69g)                        | Chef Salad  |  | Chef Salad                         | Peanut Butter & Jelly<br>Sand.(69g)  |
| <b>VEGETALBES</b>          | Oven Fries<br>Oreida Evercrisp – 22g                       | Refried Beans Santiago<br>Refried Beans – 25g                               | Vegetable  | Steamed Corn – 17g                 | Tomato Soup<br>Campbell's Tomato<br>Soup – 20g                                     |
| <b>Wednesday<br/>Treat</b> |  |   | Smiley Cookie<br>27 g                                    |                                    |  |

|                            | May 3                                | May 4  | May 5  | May 6  | May 7   |
|----------------------------|--------------------------------------|--|--|--|---|
| <b>CHOICE 1</b>            | Chicken Nuggets<br>(10g )            | Walking Taco's w/<br>Toppings (24g)<br>Beef Crumbles – 1g<br>Taco Seasoning – 2g<br>Baked Tostito Scoops 19g | All Beef Hot Dog<br>Kunzler Hot Dog –1g<br>Hot Dog Roll – 25g  | Personal Pizza<br>Tony's Deep<br>Dish WG<br>Pizza– 31g | Chicken Parm Sub<br>Diced Chicken – 0<br>Cheese, Cheddar – 1g<br>Marinara Sauce 12 g<br>Steak Roll – 29 g<br>Hot Dog Roll – 25g |
| <b>CHOICE 2</b>            | Peanut Butter & Jelly<br>Sand.(69g)  | Chef Salad   | Turkey & Cheese<br>Sand<br>Turkey – 1g<br>Am. Cheese – 1g<br>Hamburger roll – 22g  | Chef Salad   | Peanut Butter & Jelly<br>Sand.(69g)   |
| <b>VEGETABLES</b>          | Oven Fries<br>Oreida Evercrisp – 22g | Steamed Corn – 17g   | Baked Beans<br>Dawn glow – 21g   | Green Beans – 6g                                       | Steamed Carrots (6g)  |
| <b>Wednesday<br/>Treat</b> |                                      |  | Ice Cream Treat<br>Dixie Cups – 14 / 16g<br>Raspberry Yogurt –<br>23g<br>Vanilla Yogurt – 16 g<br>Sherbet – 23 / 27g<br>Original Mini Ice<br>Cream Sand – 12g<br>Fudge O bar – 16g |  |   |

|                            | May 10   | May 11        | May 12   | May 13  | May 14                                       |
|----------------------------|--|---------------|--|---|--|
| <b>CHOICE 1</b>            | CV Chicken Bowl<br>Popcorn Chicken –14g  | Cook's Choice | Meatball Parmesan<br>Sub<br>Advance Meatball<br>– 4g Marinara<br>Sauce – 12g Hot<br>Dog Roll – 25g | French Bread Pizza<br>WG Tony's French<br>Bread Pizza – 23.6g | Fish Sandwich – 16 g<br>Hamburger Roll – 22g |
| <b>CHOICE 2</b>            | Peanut Butter & Jelly<br>Sand.(69g)  | Chef Salad    | Turkey & Cheese<br>Sand<br>Turkey – 1g<br>Am. Cheese – 1g<br>Hamburger roll – 22g                  | Chef Salad  | Peanut Butter & Jelly<br>Sand.(69g)          |
| <b>VEGETALBES</b>          | Mashed Potatoes<br>w/Gravy<br>Idahoan Mashed<br>Potatoes – 17g<br>Chicken Gravy – 7g<br>Corn 17g | Vegetable     | Steamed Peas (12g)   | Baked Beans<br>Dawn glow – 21g                                | Green Beans – 6g                             |
| <b>Wednesday<br/>Treat</b> |  |               | M & M Cookie<br>18 g   |   |  |

|                 | May 17                              | May 18  | May 19   | May 20  | May 21  |
|-----------------|-------------------------------------|---|--|---|---|
| <b>CHOICE 1</b> | Chicken Nuggets<br>(10g )           | Cheese Stuffed<br>Breadstick<br>Beacon Street<br>Café WG Cheese<br>Stuff Breadstick –<br>28 g | Sloppy Jo Sandwich<br>Hamburg Roll – 22g<br>Ground Beef<br>BBQ Sauce | Cheese Pizza<br>Tony's Smart Pizza –<br>26.6g | French Toast Stix<br>w/ Scrambled Eggs<br>French Toast Sticks<br>24g<br>Syrup – 43g |
| <b>CHOICE 2</b> | Peanut Butter & Jelly<br>Sand.(69g) | Chef Salad  | Turkey & Cheese<br>Sand<br>Turkey – 1g                               | Chef Salad                                    | Peanut Butter & Jelly<br>Sand.(69g)   |

|                            |                           |                    |  |                      |                          |
|----------------------------|---------------------------|--------------------|--|----------------------|--------------------------|
|                            |                           |                    | Am. Cheese – 1g<br>Hamburger roll – 22g  |                      |                          |
| <b>VEGETALBES</b>          | Potatoes –<br>19 to 22 gm | Steamed Corn – 17g | Baked Beans<br>Dawn glow – 21g   | Steamed Carrots (6g) | Hash Brown Potato<br>15g |
| <b>Wednesday<br/>Treat</b> |                           |                    | Ice Cream Treat<br>Dixie Cups – 14 / 16g<br>Raspberry Yogurt –<br>23g<br>Vanilla Yogurt – 16 g<br>Sherbet – 23 / 27g<br>Original Mini Ice<br>Cream Sand – 12g<br>Fudge O bar – 16g |                      |                          |

|                            | <b>May 24</b>                       | <b>May 25</b>        | <b>May 26</b>                       | <b>May 27</b>        | <b>May 28</b>  |
|----------------------------|-------------------------------------|----------------------|-------------------------------------|----------------------|----------------|
| <b>CHOICE 1</b>            | Cook's Choice                       | Cook's Choice        | Cook's Choice                       | Cook's Choice        | NO LUNCH TODAY |
| <b>CHOICE 2</b>            | Peanut Butter & Jelly<br>Sand.(69g) | Chef Salad           | Peanut Butter & Jelly<br>Sand.(69g) | Chef Salad           |                |
| <b>VEGETALBES</b>          | Vegetable of the day                | Vegetable of the day | Vegetable of the day                | Vegetable of the day |                |
| <b>Wednesday<br/>Treat</b> |                                     |                      | Cook's Choice                       |                      |                |

STUDENTS CAN HAVE 2 VEGGIES & 2 FRUITS  
FRUIT OR JUICE

FRESH SALAD AND VEGGIE PACKS OFFERE CHOICE OF FRESH OR CANNED