



CARBOHYDRATE COUNT FOR MEMORIAL/BRUSH

Chocolate Milk 23g White Milk 12g

DATES:

Lunch Menu:

Week 1

Monday	Food Item	Carbs (g)	Serving size
	Chicken Nuggets	8g	5 each
	California Casserole	13	3/4cup
Tuesday	Grilled Cheese & Turkey Sand	18	1 ea
	Tomato Soup	5.25	1/4 cup
	Green Beans	3	1/2 cup
Tuesday	Chicken	10g	14 each
	Rice w/ Pea & Garb	13.14g	1/2 cup
Thursday	Monte Cristo Sandwich	28	1 sandwich
	Tater Tots	21	3/4 cup
Friday	Popcorn Chicken	10g	14 each
	Mashed Potatoes	13.14g	1/2 cup
	Gravy	18g	3 Tbsp
	Corn	8 g	1/4 cup
	Biscuit	13g	1 each

Week 2

Monday	Food Item	Carbs (g)	Serving size
	Nacho Chips	21	11ea
	Chicken	2	3oz
	Taco Meat	5	3oz
	Chili	8	3oz
Tuesday	Chicken Philly Sandwich	35g	1 each
	Onions	2g	1/4 cup
	Baked Fries	11g	1/2 cup
Wednesday	Sweet & Sour Chicken	27	4 oz
	Fried Rice	64	1 1/2 cup
Thursday	Pulled Pork	13	4oz
	Bun	20	1 each
	Au gratin potatoes	20	1/2 cup
Friday	French Toast	26	1 each
	Egg	0	1 each
	Hashbrowns	26g	2 each
	Sausage	1g	1 each
	Syrup	31g	1 each

Week 3

Monday	Bratwurst	1 g	1 each
	Hoagie Bun	32g	1 each
	Onions	2 g	1/4 cup
	Baked Fries	14g	1/2 cup
Tuesday	Wings	11 g	4 each
	Red Hot Sauce	14g	2 TBSP
	BBQ Sauce	14g	2 TBSP
	Cheesy Potatoes	27	3/4 cup
	Pretzel Rods	14	1 ea
Wednesday	Teriyaki Chicken	9	2oz
	Noodles	73	5oz
	Mixed Veg	11	1/2 cup
Thursday	Rotini	38g	1 cup
	Cheese Sauce	4g	1/4 cup
	Baked Bean	41 g	2/3 cups
	Broccoli	5.4 g	1/2 cup
Friday	Fried Chicken	4 g	1 each
	Green Beans	4	1/4 cups
	Cauliflower Mashed Pots	5g	1/2 cup
	Cornbread		1ea

Week 4

Monday	Enchilada	57	1 portion
	Corn	8	1/4 cup
	Mexican Potatoes	22	1/2 cup
Tuesday	Gyro Meat	6 g	4 slc
	Pita	20g	1 each
	Baked Fries	18g	1/2 cup
Wednesday	Popcorn Chicken	10g	14 each
	General Tso	21g	3 tbsp
	Brown Rice	22.5g	1/2 cup
	Broccoli	4.93g	1/2 cup
Thursday	Baked Potato	63g	1 each
	Bacon	0 g	1 oz
	Broccoli	2.47g	1/4 cup
	Breadstick	22g	1 each
Friday	Cheeseburger	33	1 ea
	Fries	38	3/4 cup



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