



Lunch Menu Carbohydrate Count K-6

Fat Free Chocolate Milk 23g Skim and 1% White Milk 12g

Week 1

Monday	Food Item	Carbs (g)	Serving size
	Teriyaki chicken	14	3 oz
	Pineapple Veg	12	1 1/4 cups
	Brown rice	22	1/2 cup
	Orange	18	1 ea
Tuesday	Grilled Cheese Sand	18	1 ea
	Tomato Soup	21	1 cup
	Baked Fries	18	1/2 cup
	Fruit Cup	18	1/2cup
Wednesday	Cinnamon Waffle	35	3 each
	Chicken Tenders	19	2 each
	Pot Peppers & Onions	33	3/4 cup
	Grapes	18	1/2 cup
Thursday	Hamburger + Bun	24	1 ea
	Cheeseburger + Bun	26	1 ea
	Buttered Broccoli	4	1/2 cup
	Baked Beans	26	1/2 cup
	Oranges	21	1/2cup
Friday	Cheese Pizza	34	1 slice
	Pepperoni Pizza		1 slice
	Baked Fries	18	1/2 cup
	Green Beans	6	1/4 cup
	Apple Sauce	22	1 ea

Week 2

Monday	Chicken Pot Pie	28	2/3 cup
	Biscuit	22	1 ea
	Apple	18	1 ea
Tuesday	Macaroni & Cheese	43	1 cup
	Corn & Tomato Salad	8	1/4 cup
	Broccoli	5	1/2 cup
	Fruit Cup	18	1/2cup
Wednesday	Sweet & Sour Chicken	27	10 ea
	Fried Rice	22	1/2 cup
	Cabbage Salad	4	1/4 cup
	Grapes	18	1/2 cup
Thursday	Meatballs	5	4ea
	Whole Wheat Hoagie	32	1ea
	Potato Smiles	20	4ea
	Green Beans	1.5	1/4 Cup
	Orange	21	1/2cup
Friday	Cheese Pizza	34	1 slice
	Pepperoni Pizza		1 slice
	Corn	16	1/2 cup
	Apple Sauce	22	1/2cup

2 Entrée Options

Monday	Grilled Cheese	18	1 eac
Tuesday	Cheese Burger	24	1 ea
Wednesday	Hot Dog	20	1 ea

Week 3

Monday	Chicken Drumstick	4	1ea
	Potato Wedges	20	1/2 cup
	Collard Greens	6	1/4 cup
	Orange	18	1 ea
Tuesday	Taco Meat	9	1 oz meat 1 oz cheese
	Taco Meat	9	2 oz meat 2 oz cheese
	Doritos	40	1 bag
	Let/ tom	1	2 TBSP each
	Bean Corn Salasa	14	1/4 cup
	Fruit Cup	18	1/2cup
Wednesday	French Toast Sticks	45	3 ea
	Turkey Sausage	1	2 ea
	Hash Browns	25	2 ea
	Grapes	18	1/2 cup
Thursday	Chicken Sandwich	7	1ea
	Whole Wheat Bun	24	1ea
	Baked Beans	26	1/2 cup
	Baby Carrots	6	1/4 cup
	Orange	21	1/2cup
Friday	Cheese Pizza	34	1 slice
	Pepperoni Pizza		1 slice
	Baked Fries	18	1/2 cup
	Celery Sticks	1	1/4 Cup
	Apple Sauce	22	1/2cup

Week 4

Monday	Beef & veggie chili	19	1 1/4 cup
	Seasoned carrots	17	1/2 cup
	Corn Bread	14	1 pk
	Apple	18g	1 ea
Tuesday	Italian Baked Pasta	26	1 Cup
	Meatballs	5	4 ea
	Corn	16	1/2 cup
	Fruit Cup	18	1/2cup
Wednesday	Popcorn Chicken	20	10 pieces
	Mashed Potatoes	13	1/2 cup
	Gravy	6	1.5 tbsp
	Broccoli	4	1/4 cup
	Dinner Roll	14	1 ea
	Grapes	18	1/2 cup
Thursday	Corn Dogs	30	1 ea
	California Casserole	13	3/4cup
	Orange	21	1/2cup
Friday	Cheese Pizza	34	1 slice
	Pepperoni Pizza		1 slice
	Baked Fries	18	1/2 cup
	Cucumber & Edamae Salad	17	1/2 cup
	Apple Sauce	22	1/2cup

Thursday

Cheese Bosco Stix	30	2 ea
Marinara	5	1/4 cup

Friday

Chicken Nuggets	8	5ea
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