

K - 6 Carb Counts ~ Breakfast & Lunch

MONDAY	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 1					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Monday						
	Green Dragon Sweet & Sour Chicken	3.9oz	200	350	1	27
	Brown Rice	1/2cup	170	0	0	36
	Steamed Broccoli	1/2cup	55	50	1	5
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		505	400	2	68
	W/ Fat Free Chocolate Milk	8oz	644	500	2.1	91
	W/ White Milk	8oz	607	507	4.4	80
	Nutrient Guideline		550-650	≤1035	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 2					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Monday						
	WG Popcorn Chicken Bowl	10ea	260	550	3	17
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		535	870	3	76
	W/ Fat Free Chocolate Milk	8oz	674	970	3.1	99
	W/ White Milk	8oz	637	977	5.4	88
	Nutrient Guideline		600-650	≤1080	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 3					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Monday						
	WG Breaded Fried Chicken	1ea	220	530	3	6
	Whole Wheat Dinner Roll	1ea	90	170	0	17
	Cole Slaw	1/2c	128	179	1.5	27
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		518	879	4.5	69
	W/ Fat Free Chocolate Milk	8oz	657	979	4.6	92
	W/ White Milk	8oz	620	986	6.9	81
	Nutrient Guideline		550-650	≤1035	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 4					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Monday						
	WG Chicken Patty	1ea	210	470	2.5	12
	BBQ Baked Beans	1/2c	150	430	0	29
	WG Hamburger Bun	1ea	100	200	0	21
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		540	1100	2.5	81
	W/ Fat Free Chocolate Milk	8oz	679	1200	2.6	104
	W/ White Milk	8oz	642	1207	4.9	93
	Nutrient Guideline		600-650	≤1080	≤10	

MONDAY	K-6 BREAKFAST					
	Nutrient Profile/ Portion Values: Weeks 1 & 3					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)	
Monday						
	Whole Grain Fruit Muffins	2oz	190	130	6	30
	Fresh Fruit Option	1/2c	70	0	0	18
	100% Juice Cup	8oz	50	10	0	13
	Milk-Dairymen's 1%	8 oz	100	120	0	22
	Total		410	260	6	83
	% of Calories					
	Nutrient Guideline		450-500	≤540	≤10.00	
	K-6 BREAKFAST					
	Nutrient Profile/ Portion Values: Weeks 2 & 4					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)	
Monday						
	Cherry Cocoa Bar	1.8oz	200	40	7	33
	100% Juice Cup	8oz	50	10	0	13
	Milk-Dairymen's	8 oz	100	120	0	22
	Total		420	170	7	86
	% of Calories					
	Nutrient Guideline		450-500	≤540	≤10.00	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 1					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Tuesday					
Hamburger	2oz	120	135	4	2
WG Bun	1ea	130	240	0	24
Baked French Fries	1/2 cup	135	140	0	20
Ketchup Packet	1	10	85	0	3
Cheese Slice	.5oz	110	270	0.25	2
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		635	870	4.25	85
W/ Fat Free Chocolate Milk	8oz	774	970	4.35	108
W/ White Milk	8oz	737	977	6.65	97
Nutrient Guideline		550-650	≤1035	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 2					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Tuesday					
Mini Chicken Corndogs	6ea	270	370	2	33
Fries	1/2c	100	25	1	18
Seasoned Mixed Vegetables	2oz	15	5	0	4
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		515	400	3	89
W/ Fat Free Chocolate Milk	8oz	654	500	3.1	112
W/ White Milk	8oz	617	507	5.4	101
Nutrient Guideline		600-650	≤1080	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 3					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Tuesday					
Beef Rib Patty	1ea	200	670	4	13
Whole Wheat Hoagie Bun	1ea	170	330	0	32
Tater Tots	3/4c	195	465	1.5	24
Applesauce Cup	4oz	80	20	0	21
Weighted Daily Average		645	1485	5.5	90
W/ Fat Free Chocolate Milk	8oz	784	1585	5.6	113
W/ White Milk	8oz	747	1592	7.9	102
Nutrient Guideline		550-650	≤1035	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 4					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Tuesday					
WG Mac & Cheese	6oz	280	670	5	29
Steamed Broccoli	1/2c	111	0	1	10
Whole Wheat Dinner Roll	1ea	90	170	0	17
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		611	840	6	90
W/ Fat Free Chocolate Milk	8oz	750	940	6.1	113
W/ White Milk	8oz	713	947	8.4	102
Nutrient Guideline		600-650	≤1080	≤10	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 1 & 3					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Tuesday					
Breakfast Bread	3.4oz	260	240	8	45
Fresh Fruit Option	1/2c	70	0	0	18
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's 1%	8 oz	100	120	0	22
Total		480	370	8	98
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 2 & 4					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Tuesday					
Single Poptart	1	180	190	2.5	38
Fresh Fruit Option	1/2c	70	0	0	18
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's	8 oz	100	120	0	22
Total		400	320	2.5	91
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 1					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Wednesday					
Beef Frank	1ea	280	790	10	1
WG Bun	1ea	100	200	0	21
BBQ Baked Beans	1/2c	150	430	0	29
Baby Carrots	1/4c	12.5	0	0	3.5
Ranch PC	1ea	30	55	2.5	2
Applesauce Cup	4oz	80	20	0	21
Weighted Daily Average		652.5	1495	12.5	77.5
W/ Fat Free Chocolate Milk	8oz	791.5	1595	12.6	100.5
W/ White Milk	8oz	754.5	1602	14.9	89.5
Nutrient Guideline		550-650	≤1035	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 2					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Wednesday					
Turkey Bacon Sub Meat	2oz	130	410	3.5	1
Whole Grain Chips	1oz	130	200	1	20
Lettuce Tomato Topping	1/2c	32	0	0	3
Whole Wheat Hoagie Bun	1ea	170	330	0	32
Strawberry Fruit Cup	4oz	90	0	0	22
Weighted Daily Average		552	940	4.5	78
W/ Fat Free Chocolate Milk	8oz	691	1040	4.6	101
W/ White Milk	8oz	654	1047	6.9	90
Nutrient Guideline		600-650	≤1080	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 3					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Wednesday					
WG French Toast Sticks	3ea	210	290	2	26
Potato Triangle	1ea	100	220	1.5	13
Turkey Sausage	2ea	110	390	2	
Maple Syrup	1ea	120	20	0	30
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		670	920	5.5	103
W/ Fat Free Chocolate Milk	8oz	809	1020	5.6	126
W/ White Milk	8oz	772	1027	7.9	115
Nutrient Guideline		550-650	≤1035	≤10	

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 4					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Wednesday					
Taco Meat	2oz	40	96	1.6	5
WG Doritos	1oz	130	200	1	20
Shredded Cheddar	1oz	110	190	6	0
Brown Rice	1/4c	170	0	0	36
Salsa cup	2oz	30	100	0	3
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		610	586	8.6	98
W/ Fat Free Chocolate Milk	8oz	749	686	8.7	121
W/ White Milk	8oz	712	693	11	110
Nutrient Guideline		600-650	≤1080	≤10	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 1 & 3					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Wednesday					
WG Cereal Bar	1oz	110	110	2	22
Raisins	1/4 cup	110	0	0	28
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's	8 oz	100	120	0	22
Total		370	240	2	85
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 2 & 4					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Wednesday					
WG Cereal Bar	1oz	110	110	2	22
Fresh Fruit Option	1/2c	70	0	0	18
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's	8 oz	100	120	0	22
Total		330	240	2	75
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

WEDNESDAY

WEDNESDAY

K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 1					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Thursday					
WG Grilled Cheese Sandwich	1ea	60	115	0	12
Potato Smiles	1/2c	130	180	0.5	20
Chilled Corn Salad	14c	60	7.5	1	18
cheese slices	3ea	165	405	7.5	3
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		545	707.5	9	87
W/ Fat Free Chocolate Milk	8oz	684	807.5	9.1	110
W/ White Milk	8oz	647	814.5	11.4	99
Nutrient Guideline		550-650	≤1035	≤10	
K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 2					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Thursday					
WG Lasagna	1ea	240	390	3.5	29
Baby Carrots	1/2c	12.5	0	0	3.5
Whole Wheat Dinner Roll	1ea	80	150	0	15
Ranch PC	1ea	30	55	2.5	2
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		492.5	595	6	83.5
W/ Fat Free Chocolate Milk	8oz	631.5	695	6.1	106.5
W/ White Milk	8oz	594.5	702	8.4	95.5
Nutrient Guideline		600-650	≤1080	≤10	
K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 3					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Thursday					
WG Chicken Nuggets	5ea	210	320	2	13
Potato Rounds	3oz	160	330	2	20
Steamed Broccoli	1/2c	111	0	1	10
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		611	650	5	77
W/ Fat Free Chocolate Milk	8oz	750	750	5.1	100
W/ White Milk	8oz	713	757	7.4	89
Nutrient Guideline		550-650	≤1035	≤10	
K-6 LUNCH					
Nutrient Profile/ Portion Values Week Cycle 4					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)
K-6 Lunch Thursday					
Whole Wheat Hoagie Bun	1ea	170	330	0	32
Meat Balls	4ea	150	220	3.5	5
Baby Carrots	1/4c	12.5	0	0	3.5
Red Sauce	1.4oz	20	100	0	4
Ranch PC	1ea	30	55	2.5	2
Fresh Fruit	1cup	130	0	0	34
Weighted Daily Average		512.5	705	6	80.5
W/ Fat Free Chocolate Milk	8oz	651.5	805	6.1	103.5
W/ White Milk	8oz	614.5	812	8.4	92.5
Nutrient Guideline		600-650	≤1080	≤10	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 1 & 3					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Thursday					
Cream Cheese Bagel	2.43oz	240	180	6	41
Fresh Fruit Option	1/2c	70	0	0	18
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's	8 oz	100	120	0	22
Total		460	310	6	94
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

K-6 BREAKFAST					
Nutrient Profile/ Portion Values: Weeks 2 & 4					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)
Thursday					
Wheat Cinnamon Roll	2.29oz	240	270	7	39
Fresh Fruit Option	1/2c	70	0	0	18
100% Juice Cup	8oz	50	10	0	13
Milk-Dairymen's	8 oz	100	120	0	22
Total		460	400	7	92
% of Calories					
Nutrient Guideline		450-500	≤540	≤10.00	

FRIDAY	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 1					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
Friday 9/13 K-8 Lunch						
	WG Cheese Pizza	1ea	360	490	7	35
	Garden Salad	3/4c	11	0	3	3
	Ranch PC	1ea	30	55	2.5	2
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		481	545	12.5	40
	W/ Fat Free Chocolate Milk	8oz	620	645	12.6	63
	W/ White Milk	8oz	583	652	14.9	52
	Nutrient Guideline		550-650	≤1035	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 2					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Friday						
	WG Bosco Cheese Stick	2ea	320	600	7	38
	Marinara Cup	2.5oz	20	100	0	4
	Garden Salad	1/2c	20	0	0	3
	Ranch PC	1ea	30	55	2.5	2
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		470	755	9.5	66
	W/ Fat Free Chocolate Milk	8oz	609	855	9.6	89
	W/ White Milk	8oz	572	862	11.9	78
	Nutrient Guideline		600-650	≤1080	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 3					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Friday						
	WG Cheese Pizza	1ea	360	490	7	35
	Garden Salad	1/2c	20	0	0	3
	Baby Carrots	1/4c	12.5	0	0	3.5
	Ranch PC	1ea	30	55	2.5	2
	Fruit Cup	1/2c	80	0	0	19
	Weighted Daily Average		502.5	545	9.5	62.5
	W/ Fat Free Chocolate Milk	8oz	641.5	645	9.6	85.5
	W/ White Milk	8oz	604.5	652	11.9	74.5
	Nutrient Guideline		550-650	≤1035	≤10	
	K-6 LUNCH					
	Nutrient Profile/ Portion Values Week Cycle 4					
	Portion Size	Cal (kcal)	Sodium (mg)	S-Fat (g)	carbs (g)	
K-6 Lunch Friday						
	Personal Cheese Pizza	1ea	310	440	6	31
	Garden Salad	3/4c	11	0	3	3
	Italian Dressing	1ea	10	55	0	2
	Applesauce Cup	4oz	80	20	0	21
	Weighted Daily Average		411	515	9	57
	W/ Fat Free Chocolate Milk	8oz	550	615	9.1	80
	W/ White Milk	8oz	513	622	11.4	69
	Nutrient Guideline		600-650	≤1080	≤10	

FRIDAY	K-6 BREAKFAST					
	Nutrient Profile/ Portion Values: Weeks 1 & 3					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)	
Friday						
	WG Glazed Donut	2.65oz	230	260	4	29
	Fresh Fruit Option	1/2c	70	0	0	18
	100% Juice Cup	8oz	50	10	0	13
	Milk-Dairymen's	8 oz	100	120	0	22
	Total		450	390	4	82
	% of Calories					
	Nutrient Guideline		450-500	≤540	≤10.00	

FRIDAY	K-6 BREAKFAST					
	Nutrient Profile/ Portion Values: Weeks 2 & 4					
	Portion Size	Cal (kcal)	Sodm (mg)	S-Fat (g)	Carbs (g)	
Friday						
	Apple Cinn Texas Toast	3.03oz	260	290	1	45
	Fresh Fruit Option	1/2c	70	0	0	18
	100% Juice Cup	8oz	50	10	0	13
	Milk-Dairymen's	8 oz	100	120	0	22
	Total		480	420	1	98
	% of Calories					
	Nutrient Guideline		450-500	≤540	≤10.00	