

Summer 2019 Menu Carbohydrate Counts



Weekly Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Cinnamon Roll	41g	Bagelful	32g	Cereal Bar	29g	Frudel		Cherry Apple Bar	42g
Apple (medium)	15g	Banana	15g	String Cheese	-	Fresh Fruit	15g	Fresh Fruit	15g
Juice	14g	Juice	14g	Orange	15g	Juice	14g	Juice	14g
White Milk (1%)	13g	White Milk (1%)	13g	Juice	14g	White Milk (1%)	13g	White Milk (1%)	13g
Chocolate Milk	20g	Chocolate Milk	20g	White Milk (1%)	13g	Chocolate Milk	20g	Chocolate Milk	20g
				Chocolate Milk	20g				

Lunch Menu Week 1

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Corn Dog	30g	BBQ Riblet Snd	34g	Chicken Nuggets	16g	Hamburger	24g	PB&J Sandwich	32g
Celery	2g	Jicama Sticks	5g	Sun Chips	19g	Lays Potato Chips	8g	String Cheese	-
Apple	21g	Orange	25g	Broccoli	3g	BBQ Baked Beans	29g	Dorito Chips	20g
White Milk (1%)	13g	White Milk	13g	Peach	15g	Oranges	25g	Carrots	7g
Chocolate Milk	20g	Chocolate Milk	20g	White Milk	13g	White Milk (1%)	13g	Apples	21g
Mustard	-	Ranch	7g	Chocolate Milk	20g	Chocolate Milk	20g	White Milk (1%)	13g
Ketchup	5g			Mustard	-	Ranch	7g	Chocolate Milk	20g
Ranch	7g			Ranch	7g	Mustard	-	Ranch	7g
						Ketchup	5g		

Lunch Menu Week 2

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Chicken Sandwich Sand	38g	Bean & Cheese Burrito	41g	Ham & Cheese Snd	32g	Hot Dog	23g	PB&J Sandwich	32g
Celery	2g	Tomatoes	2g	Turkey & Cheese Snd	31g	BBQ Baked Beans	29g	String Cheese	-
Apples	21g	Bananas	27g	Sun Chips	19g	Oranges	25g	Dorito Chips	20g
Pickles	-	Salsa	2g	Jicama	5g	White Milk (1%)	13g	Apples	21g
White Milk (1%)	13g	White Milk (1%)	13g	Peaches	15g	Chocolate Milk	20g	Carrots	7g
Chocolate Milk	20g	Chocolate Milk	20g	White Milk (1%)	13g	Mustard	-	White Milk (1%)	13g
		Ranch	7g	Chocolate Milk	20g	Ketchup	5g	Chocolate Milk	20g
				Mayonnaise	3g	Pickle Relish	4g	Ranch	7g
						Ranch	7g		

This institution is an equal opportunity employer.
Menus may be subject to change.