



FALL 17-18

Northview Lunch Carb Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Stick 31g Chicken Alfredo 67.5g Prezel stick 14g Side Salad 2g Lite ranch 8g French 12g Personl pan Pizza 40g Chili 15g W/ Corn Muffin 24g Onion rings (4) 31g	Nachos chips 19g Taco meat 5g Cheese 1g Chicken Pot Pie 35g w/ Goldfish 14g Romaine 0g Tomato 1g Black Bean salsa 14 g Cheeseburger 1g On bun 26g Wet Burrito 43g Rice Red Beans 82 g	Rotini w meat sauce 9g Garlic toast 11g Cinn French Toast 34g w/ Sausage (2) 0g Applesauce cup 22g Sweet-N-Sour Chicken 28g w Rice 54g Fortune Cookie 8g Mac N Cheese (6 oz) 59g Broccoli 2g	Chicken Nuggets 5ea 13g /Roll 27g BBQ Beef Riblets 4= 9.33 g Cheesy Potatoes 80g Chicken Patty 9g On Croissant 30g Fish Sticks (4) 18g Animal Crackers 21g Sweet Potato Oven Fries Mix 27g	Mini Corn Dog (6 ea) 30g Pulled Pork 19g On bun 26g Baked Beans 30 g Hot Dog 2g On Bun 19g Chicken Quesadilla 35 g SideKick Fruit Cup 20g
Bagel Pizza 32 g Hot Ham 1g Cheese 1g Pretzel Bun 39g California Blend 5g	Mini Corn Dog (6 ea) 30g Taco Wedges (3) 29g Cheesy Bean Dip 29 g	Waffles 43g and Chicken (4) 11g Spaghetti w/ sauce 51g Garlic Toast 11g Side Salad 2g Lite ranch 8g French 12g	Chicken drumstick (1) 5g Cheeseburger Meatloaf 8g Corn Muffin 24g <u>Au Gratin Potatoes 22g</u>	Grilled Cheese 3slice 2 g Bread 22g Sloppy Joe 10g on Bun 26g Tomato Soup 20g Goldfish crackers 14g
Pepperoni Pizza 34 g Hamburger 0g On bun 26g Honey 17g Carrots 6g	Taco 5g Salad / cheese 1g w/ Tostitos 28g Chicken Noodle Soup 18g w/ Crackers 5g Black Bean Corn Salsa 14g	Ravioli w/ Meat Sauce 39g Bread Stick (1) 28 g French Toast Sticks (3) 26g Sausage links (2) 0g Applesauce cup 22g	Chicken Fries (8) 16 g Crispito (1) 20 g Animal Crackers 21g Mashed Potatoes 15g W/ Gravy 4g	BBQ Rib 13g On bun 26g Taco Meat 5g Doritos 26g Romaine 0g Tomato 1g Cheese 1g
Cheese Pizza 34g Lasagna meat sauce 30g Breadstick 28g Corn 17g	Soft Shell (1) 15g Taco 5g Romaine 0g Tomato 1g Cheese 1g Mac N Cheese (6 oz) 59g Cheesy Bean Dip 29 g	Beef Teriyaki 6g Rice 54g Fortune Cookie 8g Mozzarella Sticks (6) 35g Pizza Sauce 4 oz 6g Green Beans 4g	Popcorn Chicken (14) 13g Cheez-its 14g Italian Dunkers (2) 56g w/ Meat Sauce 7 g Corn Mashed Pot. 23g W/ Gravy 4g	Chicken Patty 9g on Bun 26g Max Cheese Bread 30g Pizza Sauce 4 oz 6g Tator Tots 16g

Yogurt 16g Cheese stick 1g Granola 20g
Soy PBJ 28g Crackers 21 g
Cottage Cheese 4oz 5g Chocolate Muffin 28g
Chip 27g Cheese 14g