

# FALL

## 2019-20 School Year 5 Week Carb Menu



### MONDAY

Pizza Stick (1)	29g
Spaghetti w /Meat Sauce	51g
Garlic Bread	11g
Side Salad	1
French	2TB 6g
Lt Ranch	2TB 10g
<b>Mini Pizza Bagels 4=</b>	<b>24g</b>
Sweet-N-Sour Chicken	28g
w Rice	36g
Fortune Cookie	7g
<b>Broccoli Cauliflower Blend</b>	<b>3g</b>
Pan Cheese Pizza	39g
Chicken Alfredo	67.5g
<b>Sweet Yeast Roll</b>	<b>31g</b>
Honey	17g
Carrots	6g
<b>Cheese Bites (4)</b>	<b>28g</b>
<b>Beef Sliders (2)</b>	<b>0g</b>
<b>slider buns (2)</b>	<b>38g</b>
<b>Broccoli Cheese Soup</b>	<b>9g</b>
Personal Pepperoni	39g
Lasagna meat sauce	31g
Breadstick (1)	28g
Green Beans	4g

### TUESDAY

Nachos chips	27g
Taco meat	2 g
Cheese	1g
Chicken Pot Pie	33g
w/ Goldfish	14g
Romaine	1g
Tomato	1g
Black Bean salsa	20g
<b>Cheeseburger</b>	<b>1g</b>
On bun	28g
Wet Burrito	43g
<b>1 oz Blue Chips</b>	<b>19g</b>
Romaine	1g
Tomato	1g
Taco Meat	2 g
Doritos	18g
Romaine	1g
Tomato	1g
Cheese	1g <b>2</b>
Cheesy Bosco Stick (1)	16g
Pizza Sauce	4 oz
Taco Meat	2 g
Salad	1g
cheese	1g
edible bowl	20g
Mac N Cheese (6 oz)	36g
Black Bean salsa	20g
Soft Shell (1)	14g
Taco	5g
Romaine	1g
Tomato	1g
Cheese	1g
Chicken	
Bavarian Pretzel Sticks (1)	34g
White Cheese sauce(4oz)	4g
Corn	17g

### WEDNESDAY

Cinn French Toast	28g
Sausage (2)	0g
Syrup	31g
Sugar free syrup	4g
Applesauce cup	17g
Strawberry cup	22g
Pancake Bites (6)	38g
Sausage	0g
Syrup	31g
Sugar free syrup	4g
Applesauce cup	17g
Strawberry cup	22g
Funnel cake Waffle and Chicken (4)	43g 10g
Syrup	31g
Sugar free syrup	4
Applesauce cup	17g
Strawberry cup	22g
French Toast Sticks (3)	23g
Sausage links (2)	0g
Syrup	31g
Sugar free syrup	4g
Applesauce cup	17g
Strawberry cup	22g
Funnel cake Waffle sausage (2)	43g 0g
Syrup	31g
Sugar free syrup	4g
Applesauce cup	17g
Strawberry cup	22g

### THURSDAY

Chicken Nuggets 5ea	13g
Hawaiian /Roll	19g.
Max Cheese Bread	28g
Mashed Potatoes	14g
W/ Gravy	4g
Chicken Patty	9g
Ham (2)	.05g
Swiss cheese (1)	1g
On Croissant	30g
Fish Sticks (4)	22g
corn muffin	28g
<b>Cole Slaw</b>	<b>14g</b>
Chicken drumstick ( 1)	5g
Hot Ham	1g
Cheese	1g
Pretzel Bun	29g
Mashed Potatoes	14g
W/ Gravy	4g
Chicken Fries (8)	16 g
Crispito (1)	20
g Cheese-lts Crackers	14g
<b>Seasoned Spiral Fries</b>	<b>28g</b>
Chicken Bites (11)	14g
Elf Grahams	20g
Italian Dunkers (2)	56g
Meat Sauce 4 oz	3g
<b>Broccoli w Cheese</b>	<b>6g</b>
<b>And Parmesan</b>	<b>0g</b>

### FRIDAY

Mini Corn Dog (6 ea)	30g
BBQ Pork	2 g
BBQ Sauce 2TB	20 g
On bun	28g
Onion Rings (4)	31g
Hot Dog	3g
On Bun	22g.
<b>3 Cheese Twisted Mac</b>	<b>28g</b>
Smile Fries (4)	20g
SideKick Fruit Cup	22g
Grilled Cheese 3slice	3g
Bread	25g
<b>Pot Roast</b>	<b>0g</b>
<b>Sub</b>	<b>31g</b>
Tomato Soup	20g
Goldfish crackers	14g
Chicken Patty	9g
On bun	
28g	
Mozzarella sticks (6)	33g
Pizza Sauce 4 oz	1
SideKick Fruit Cup	22g
<b>Pepperoni Pasta salad</b>	<b>7g</b>
Noodle Soup	17g
Cracker (1 pack 2 crackers)	5 g
BBQ Rib	13g
On bun	28g
Tator Tots	25g

### News

#### Sack Lunches

#### Monday

Cold Cereal 20-24g  
Chocolate muffin 27g

wowbutter 8g  
& apple slices 7g

#### Tues /Thurs

Yogurt 14g  
Cheese Stick 2g  
Teddy Grahams 16g

#### Wed

Pizza crust 26g  
Mozz 4 oz 2g  
Marinara sauce 4g  
(Cold Pizza luncable)

#### Friday

Jumbo Pretzel 38g  
Cheese Cup 14g

#### ½ day of school menu

Turkey & Cheese Sandwich 26g

#### TGIF cheddar Fries

Cool Tropic Juice Slushie 15g  
Carrots 7g  
Rice Krispie Treat 8g