

## 2012-2013 Lunch Menu w/Approximate Carbohydrate Counts

Monday	Tuesday	Wednesday	Thursday	Friday
<p>(36) WG Pepperoni Pizza OR (28) Whole Wheat Deli Turkey &amp; Cheese Sandwich</p> <p>W/Choice of at least 2: (15) Macaroni &amp; Cheese (25) Pork &amp; Beans (2) Lettuce/Tomato/Pickle (5) Carrot Sticks w/Dip (13) Apple Juice (19) Grape Juice (15) Grapes</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard, LF Mayo</p>	<p>(5) Meatloaf OR (10) Chicken Rings/Nuggets</p> <p>W/Choice of at least 2: (20) Mashed Potatoes (20) Green Peas (30) Homemade WG Roll Apple &amp; Grape Juice (20) Fruit Cocktail</p> <p>Choice of FF Skim Milk</p> <p>BBQ Sauce, Honey Mustard</p>	<p>(31) Hot Ham &amp; Cheese OR (30) Lasagna w/ WG Breadstick</p> <p>W/Choice of at least 2: (5) Tossed Romaine Salad w/Tomato, Cucumber &amp; Carrots (5) Broccoli w/Cheese Apple &amp; Grape Juice (15) 1 Small Apple</p> <p>Choice of FF Skim Milk</p> <p>Marinara Sauce, FF Salad Dressing</p>	<p>(36) Cheeseburger OR (55) Fish Sandwich</p> <p>W/Choice of at least 2: (30) Onion Rings (5) Green Beans (2) Lettuce/Tomato/Pickle Apple &amp; Grape Juice (20) Peach Slices</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard, Tartar Sauce, LF Mayo</p>	<p>(25) Chicken Noodle Soup w/ (31) WW Grilled Cheese Sandwich &amp; (10) WW Crackers OR (28) Chili Cheese Dog w/Bun</p> <p>W/Choice of at least 2: (0) Cheese Slice (5) Carrot/Celery w/Dip Apple &amp; Grape Juice (20) Pineapple Tidbits (20) Cookie</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard</p>
<p>(27) Mega Pizza Bites OR (40) Chicken Patty on Bun</p> <p>W/Choice of at least 2: (20) Curly Fries (25) Pork &amp; Beans (2) Lettuce/Tomato/Pickle Apple &amp; Grape Juice (20) Mandarin Oranges</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard, BBQ Sauce, Honey Mustard, LF Mayo</p>	<p>(30) Beefaroni w/ (20) WW Garlic Bread OR (26) Corn Dog</p> <p>W/Choice of at least 2: (20) Potato Salad (5) Broccoli/Carrots/Celery w/Dip Apple &amp; Grape Juice (20) Pear Slices</p> <p>Choice of FF Skim Milk</p> <p>Mustard</p>	<p>(10) Salisbury Steak &amp; Gravy OR (19) Fish Sticks</p> <p>W/Choice of at least 2: (5) Green Beans (15) Glazed Mini Carrots (30) Homemade WG Rolls Apple &amp; Grape Juice (8) Fruited Jello</p> <p>Choice of FF Skim Milk</p> <p>BBQ Sauce, Honey Mustard Sauce, Tartar Sauce</p>	<p>(20) Beef Taco w/Shredded Cheese OR (20) Chili, Chips, &amp; Nacho Cheese</p> <p>W/Choice of at least 2: (20) Refried Beans (22) Corn (2) Shredded Lettuce/Tomato (2) Salsa (15) Mexican Rice Apple &amp; Grape Juice (20) Fruit Cocktail</p> <p>Choice of FF Skim Milk</p> <p>Sour Cream</p>	<p>(8) Chili w/( 32) Peanut Butter Sandwich &amp; (10) WW Crackers OR (28) Chili Cheese Dog w/Bun</p> <p>W/Choice of at least 2: (5) Broccoli/Carrot/Celeryw/ Dip (0) Cheese Slice Apple &amp; Grape Juice (15) Apple Slices (19) LF Ice Cream</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard</p>
<p>(25) Chicken Fajita w/Tortilla OR Manager's Choice</p> <p>W/Choice of at least 2: (25) Black Beans (15) Mexican Rice (15) Coleslaw (2) Salsa Apple &amp; Grape Juice (20) Applesauce</p> <p>Choice of FF Skim Milk</p> <p>Sour Cream</p>	<p>(0) Turkey Roast OR (10) Chicken Fryz</p> <p>W/Choice of at least 2: (20) Stuffing (22) Corn (20) Sweet Potatoes (30) Homemade WG Roll (5) Cranberry Sauce Apple &amp; Grape Juice (20) Fruit Cobbler</p> <p>Choice of FF Skim Milk</p> <p>BBQ Sauce, Honey Mustard</p>	<p>(20) Pinto Beans OR (28) Chili Cheese Dog w/Bun</p> <p>W/Choice of at least 2: (8) Sauerkraut &amp; Wieners (15) Macaroni &amp; Tomatoes (5) Mustard Greens (20) Cornbread Apple &amp; Grape Juice (20) Fruit Cocktail (19) LF Ice Cream</p> <p>Choice of FF Skim Milk</p> <p>Ketchup, Mustard</p>	<p>(25) Spaghetti &amp; Meat Sauce w/ (20) WW Garlic Bread OR (28) Whole Wheat Ham &amp; Cheese Sandwich</p> <p>W/Choice of at least 2: (5) Tossed Romaine Salad w/ Cucumber &amp; Carrots (2) Lettuce/Tomato/Pickle (25) Baked Beans Apple &amp; Grape Juice (15) Strawberries</p> <p>Choice of FF Skim Milk</p> <p>LF Mayo, Mustard, Ketchup, FF Salad Dressing</p>	<p>(8) Beef Vegetable Soup w/ (31) WW Grilled Cheese OR (20) Chili, Chips, &amp; Nacho Cheese</p> <p>W/Choice of at least 2: (0) Cheese Slice (5) Carrot/Celery Stix w/Dip (15) ½ Baked Potato Apple &amp; Grape Juice (7) ½ Banana</p> <p>Choice of FF Skim Milk</p> <p>Margarine, Sour Cream</p>

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