

Carb Counts Elementary November

Date	Breakfast			Lunch		
	Item	Carb	Menu Totals	Item	Carb	Menu Totals
Tue 11/1	Whole Wheat Bagel	44.60	46.60	Breadsticks	17.12	24.12
	Cream Cheese	2.00		Marinara Sauce	7.0	
Wed 11/2	Mini Waffles	36.00	36.00	Bean & Cheese Burrito	44.17	44.17
				Turkey & Cheese Deli Sandwich	33.00	33.00
Thu 11/3	Banana Bread	50.51	50.51	Grilled Cheese Sandwich	31.58	31.58
				French Toast	40.0	
				Turkey Sausage Link	0	55.68
				Tater Tots	15.68	
				Veggie Nuggets	13.0	29.80
Fri 11/4	Turkey & Cheese BF Sandwich	27.21	27.21	Fries	16.8029	
Mon 11/7	Strawberry Go-Gurt	7.67	27.67	Cheese Pizza Round	26.0	26.00
				Turkey Nachos	36.4801	66.48
				Vegetarian Nachos	24.2899	54.29
				Tortilla Chips	30.00	
				Veggie Patty	6.00	
Tue 11/8	Whole Wheat Bagel	44.60	46.60	Bun	41.80	64.61
				Maple Graham Crackers	20.00	
Wed 11/9	Blueberry Muffin	38.00	38.00	Fries	16.80	
				Beef Pepperoni Pizza Pocket	31.00	31.00
Thu 11/10	Banana Bread	50.51	50.51	Bean & Cheese Burrito	44.17	44.17
				Beef Hot Dog	41.00	41.00
				Grilled Cheese Sandwich	31.58	31.58
				Beef Rotini Pasta	24.12	38.12
Fri 11/11	NO SCHOOL - VETERAN'S DAY					
Mon 11/14	Strawberry Go-Gurt	7.67	74.27	Garlic Bread	14.00	
				Bun	41.80	59.48
				Fries	16.80	
Tue 11/15	Whole Wheat Bagel	44.60	151.79	Veggie Patty	6.00	64.61
				Maple Graham Crackers	20.00	
Wed 11/16	Breakfast Bun	38.00	38.00	Beef Taco Stick	31.87	31.87
				Cream Cheese	2.00	44.17
Thu 11/17	Banana Bread	50.51	50.51	Bean & Cheese Burrito	44.17	44.17
				Chicken Corn Dog	30.00	30.00
Fri 11/18	Egg & Cheese Breakfast Wrap	16.68	16.68	Grilled Cheese Sandwich	31.58	31.58
				Cheese Pizza Round	26.00	26.00
				Turkey	2.00	
				Mashed Potatoes	16.55	47.55
				Gravy	2.00	
Mon 11/21	NO SCHOOL - THANKSGIVING BREAK					
Tue 11/22						
Wed 11/23						
Thu 11/24						
Fri 11/25						
Mon 11/28	Strawberry Go-Gurt	7.67	27.67	Biscuit	27.00	
				Bun	41.80	70.61
				Fries	16.80	
Tue 11/29	Whole Wheat Bagel	44.60	46.60	Veggie Patty	6.00	64.61
				Maple Graham Crackers	20.00	
Wed 11/30	Mini Waffles	36.00	36.00	Breadsticks	17.12	24.12
				Cream Cheese	2.00	
				Marinara Sauce	7.00	
Tue 11/29	Cream Cheese	2.00	46.60	Bean & Cheese Burrito	44.17	44.17
				Turkey & Cheese Deli Sandwich	33.00	33.00
Wed 11/30	Mini Waffles	36.00	36.00	Grilled Cheese Sandwich	31.58	31.58

Breakfast - Available Daily		Lunch - Available Daily	
Item	Carb	Item	Carb
Milk 1%	16.00	Milk 1%	16.00
Milk Chocolate LoFat	21.00	Milk Chocolate LoFat	21.00
Benefit Bar - Banana Chocolate	48.00	Baby Carrots	6.07
Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup	1.68
Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup	7.53
Cereal - Honey Scooters	46.00	Corn - 1/2 Cup	20.74
Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup	1.10
Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup	4.12
Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup	22.50
Raisins	29.0	Sandwich - Soybutter & Jelly	53.00
		Yogurt (Yogurt Pack)	28.10
		Cheese (Yogurt Pack)	0.00
		Crackers (Yogurt Pack)	40.00