

Carb Counts Elementary December

Date	Breakfast			Lunch			Breakfast - Available Daily		Lunch - Available Daily			
	Item	Carb	Menu Totals	Item	Carb	Menu Totals	Item	Carb	Item	Carb		
Thu 12/1	Banana Bread	50.51	50.51	French Toast	40.0	55.68	Milk 1%	16.00	Milk 1%	16.00		
				Turkey Sausage Link	0		Milk Chocolate LoFat	21.00	Milk Chocolate LoFat	21.00		
				Tater Tots	15.68		Benefit Bar - Banana Chocolate	48.00	Baby Carrots	6.07		
				Veggie Nuggets	13.0		Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup	1.68		
				Fries	16.8029		29.80	Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup	7.53	
Fri 12/2	Turkey & Cheese BF Sandwich	27.21	27.21	Cheese Pizza Round	26.0	26.00	Cereal - Honey Scooters	46.00	Corn - 1/2 Cup	20.74		
Mon 12/5	Strawberry Go-Gurt	7.67	27.67	Turkey Nachos	36.4801	66.48	Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup	1.10		
				Vegetarian Nachos	24.2899	54.29	Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup	4.12		
				Tortilla Chips	30.00		Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup	22.50		
	Maple Graham Crackers	20.00	64.61	Veggie Patty	6.00		Raisins	29.0	Sandwich - Soybutter & Jelly	53.00		
				Bun	41.80			Yogurt (Yogurt Pack)	28.10			
				Fries	16.80			Cheese (Yogurt Pack)	0.00			
Tue 12/6	Whole Wheat Bagel	44.60	46.60	Beef Pepperoni Pizza Pocket	31.00	31.00			Crackers (Yogurt Pack)	40.00		
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17						
Wed 12/7	Blueberry Muffin	38.00	38.00	Beef Hot Dog	41.00	41.00						
				Grilled Cheese Sandwich	31.58	31.58						
Thu 12/8	Banana Bread	50.51	50.51	Beef Rotini Pasta	24.12	38.12						
				Garlic Bread	14.00							
				Veggie Nuggets	13.00	29.80						
				Fries	16.80							
Fri 12/9	Mini Waffles	36.00	36.00	Cheese Pizza Round	26.0	26.00						
Mon 12/12	Strawberry Go-Gurt	7.67	74.27	Beef Burger Patty	0.87	59.48						
				Bun	41.80							
	Maple Graham Crackers	20.00		Fries	16.80							
				Veggie Patty	6.00		64.61					
Tue 12/13	Whole Wheat Bagel	44.60	151.79	Beef Taco Stick	31.87	31.87						
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17						
Wed 12/14	Breakfast Bun	38.00	38.00	Chicken Corn Dog	30.00	30.00						
				Grilled Cheese Sandwich	31.58	31.58						
Thu 12/15	Banana Bread	50.51	50.51	Cheese Ravioli	35.11	65.44						
				Marinara Sauce	16.3293							
				Garlic Bread	14	29.8029						
				Veggie Nuggets	13							
Fri 12/16	Egg & Cheese Breakfast Wrap	16.68	16.68	Cheese Pizza Round	26.0	26.00						