

**Carb Counts Elementary February 2023**

Date	Breakfast			Lunch			Breakfast - Available Daily		Lunch - Available Daily	
	Item	Carb	Menu Totals	Item	Carb	Menu Totals	Item	Carb	Item	Carb
Wed 2/1	Blueberry Muffin	38.00	38.00	Teryiak Chicken	11.02	43.30	Milk 1%	16.00	Milk 1%	16.00
				Fried Rice	32.28		Milk Chocolate LoFat	21.00	Milk Chocolate LoFat	21.00
				Veggie Nuggets	13.00		Benefit Bar - Banana Chocolate	48.00	Baby Carrots	6.07
				Fried Rice	32.28		Benefit Bar - Oatmeal Chocolate	47.00	Salad Mix - 1/2 Cup	1.68
Thu 2/2	Banana Bread	50.51	50.51	Grilled Cheese Sandwich	31.58	38.12	Cereal - Cinnamon Toasters	44.00	Broccoli - 1/2 Cup	7.53
				Beef Rotini Pasta	24.12		Cereal - Honey Scooters	46.00	Corn - 1/2 Cup	20.74
				Garlic Bread	14.00		Cereal - Marshmallow Mateys	47.00	Tomatoes - 1/2 Cup	1.10
				Veggie Nuggets	13.00		Fruit - 1/2 Cup	7.60	Spinach - 1/2 Cup	4.12
				Fries	16.80		Juice - Orange Carton	12.63	Garbanzo Beans - 1/2 Cup	22.50
Fri 2/3	Mini Pancakes	36.00	36.00	Cheese Pizza Round	26.00	26.00	Raisins	29.0	Sandwich - Soybutter & Jelly	53.00
Mon 2/6	Strawberry Go-Gurt	7.67	27.67	Beef Burger Patty	0.87	59.48			Yogurt (Yogurt Pack)	28.10
	Maple Graham Crackers	20.00		Bun	41.80				Cheese (Yogurt Pack)	0.00
				Fries	16.80				Crackers (Yogurt Pack)	40.00
Tue 2/7	Bagels	44.60	46.60	Veggie Patty	6.00	64.61				
	Cream Cheese	2.00		Bun	41.80					
Wed 2/8	Cinnamon Rolls	38.00	38.00	Fries	16.80	31.58				
				Chicken Corn Dog	30.00					
Thu 2/9	Chocolate Chocolate Chip Muffin	40.00	40.00	Grilled Cheese Sandwich	31.58	29.80				
				Chicken Alfredo Pasta	53.85					
				Veggie Nuggets	13.00					
Fri 2/10	Beef Sausage & Pancake BF S	15.70	15.70	Fries	16.80	26.00				
Mon 2/13	Strawberry Go-Gurt	7.67	27.67	Cheese Pizza Round	26.00	64.61				
	Maple Graham Crackers	20.00		Beef Cheeseburger Sliders	31.30					
				Veggie Patty	6.00					
Tue 2/14	Bagels	44.60	46.60	Bun	41.80	31.00				
	Cream Cheese	2.00		Fries	16.80					
Wed 2/15	Vanilla Waffle	38.00	38.00	Macaroni & Cheese	31.00	31.58				
				Beef BBQ Sandwich	26.21					
Thu 2/16	Banana Bread	50.51	50.51	Grilled Cheese Sandwich	31.58	39.80				
				Chicken Nuggets	23.00					
				Fries	16.80					
				Veggie Nuggets	13.00					
Fri 2/17	Concha	34.00	34.00	Fries	16.80	26.00				
Mon 2/20	NO SCHOOL									
Tue 2/21	Bagels	44.60	46.60	Beef Hot Dog	41.00	44.17				
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17					
Wed 2/22	Mini Waffles	36.00	36.00	Cheese Breadsticks	17.12	31.58				
				Marinara Sauce	7.00					
				Grilled Cheese Sandwich	31.58					
Thu 2/23	Chocolate Chocolate Chip Muffin	40.00	40.00	French Toast	40.0	29.80				
				Turkey Sausage Link	0.00					
				Tater Tots	15.68					
				Veggie Nuggets	13.00					
Fri 2/24	Raspberry Breakfast Square	36.00	36.00	Fries	16.80	26.00				
Mon 2/27	Strawberry Go-Gurt	7.67	27.67	Cheese Pizza Round	26.00	64.61				
	Maple Graham Crackers	20.00		Turkey Nachos	36.48					
				Tortilla Chips	30.00					
Tue 2/28	Bagels	44.60	46.60	Veggie Patty	6.00	31.00				
	Cream Cheese	2.00		Bun	41.80					
				Fries	16.80	44.17				
				Beef Pepperoni Pizza Pocket	31.00					
				Bean & Cheese Burrito	44.17					