

## Carb Counts Elementary March 2023

Date	Breakfast			Lunch			
	Item	Carb	Menu Totals	Item	Carb	Menu Totals	
Wed 3/1	Blueberry Muffin	38.00	38.00	Teryiaki Chicken	11.02	43.30	
				Fried Rice	32.28		
				Veggie Nuggets	13.00	45.28	
				Fried Rice	32.28		
				Grilled Cheese Sandwich	31.58		31.58
Thu 3/2	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 3/3	Mini Pancakes	36.00	36.00	Cheese Pizza Round	26.00	26.00	
Mon 3/6	Strawberry Go-Gurt	7.67	27.67	Beef Burger Patty	0.87	59.48	
				Bun	41.80		
				Fries	16.80		
	Maple Graham Crackers	20.00			Veggie Patty	6.00	64.61
					Bun	41.80	
					Fries	16.80	
Tue 3/7	Bagels	44.60	46.60	Cheese Breadsticks	17.12	24.12	
				Marinara Sauce	7.00		
	Cream Cheese	2.00			Bean & Cheese Burrito	44.17	44.17
Wed 3/8	Cinnamon Rolls	38.00	38.00	Chicken Corn Dog	30.00	30.00	
				Grilled Cheese Sandwich	31.58	31.58	
Thu 3/9	Chocolate Chocolate Chip Muffin	40.00	40.00	BBQ Chicken Meatballs, Potatoes, & Biscuit	53.62	53.62	
				Veggie Nuggets	13.00	29.80	
				Fries	16.80		
Fri 3/10	Concha	34.00	34.00	Cheese Pizza Round	26.00	26.00	
Mon 3/13	Strawberry Go-Gurt	7.67	27.67	Beef Cheeseburger Sliders	31.30	31.30	
				Veggie Patty	6.00		









