

Carb Counts Elementary April 2023

Date	Breakfast			Lunch		
	Item	Carb	Menu Totals	Item	Carb	Menu Totals
Tue 4/4	Bagels	44.60	46.60	Cheese Breadsticks	17.12	24.12
	Cream Cheese	2.00		Marinara Sauce	7.00	
					Bean & Cheese Burrito	44.17
Wed 4/5	Cinnamon Rolls	38.00	38.00	Chicken Corn Dog	30.00	30.00
				Grilled Cheese Sandwich	31.58	31.58
Thu 4/6	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 4/7	Concha	34.00	34.00	Cheese Pizza Round	26.00	26.00
Mon 4/10	Strawberry Go-Gurt	7.67	27.67	Cheeseburger Twin Pack	40.00	40.00
				Veggie Patty	6.00	64.61
	Maple Graham Crackers	20.00		Bun	41.80	
				Fries	16.80	
Tue 4/11	Bagels	44.60	46.60	Macaroni & Cheese	31.00	31.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
Wed 4/12	Vanilla Waffle	38.00	38.00	Beef Taco Stick	31.87	31.87
				Grilled Cheese Sandwich	31.58	31.58
Thu 4/13	Banana Bread	50.51	50.51	Chicken Nuggets	23.00	39.80
				Fries	16.80	
				Veggie Nuggets	13.00	29.80
				Fries	16.80	
Fri 4/14	Beef Sausage & Pancake BF S	15.70	15.70	Cheese Pizza Round	26.00	26.00
Mon 4/17	Strawberry Go-Gurt	7.67	27.67	Chicken Patty	12.00	70.61
				Veggie Patty	6.00	64.61
	Maple Graham Crackers	20.00		Bun	41.80	
				Fries	16.80	
Tue 4/18	Bagels	44.60	46.60	Beef Hot Dog	41.00	41.00

Tue 4/18	Cream Cheese	2.00	40.00	Bean & Cheese Burrito	44.17	44.17
Wed 4/19	Mini Waffles	36.00	36.00	Chicken Dumplings	21.00	53.28
				Fried Rice	32.28	
				Grilled Cheese Sandwich	31.58	31.58
Thu 4/20	Chocolate Chocolate Chip Muffin	40.00	40.00	Chicken Nuggets	23.00	39.80
				Fries	16.80	
				Veggie Nuggets	13.00	29.80
				Fries	16.80	
Fri 4/21	Raspberry Breakfast Square	36.00	36.00	Cheese Pizza Round	26.00	26.00
Mon 4/24	Strawberry Go-Gurt	7.67	27.67	Turkey Nachos	36.48	66.48
	Maple Graham Crackers	20.00		Tortilla Chips	30.00	
				Veggie Patty	6.00	64.61
				Bun	41.80	
Tue 4/25	Bagels	44.60	46.60	Beef Pepperoni Pizza Pocket	31.00	31.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
Wed 4/26	Blueberry Muffin	38.00	38.00	Teryaki Chicken	11.02	43.30
				Fried Rice	32.28	
				Veggie Nuggets	13.00	45.28
				Fried Rice	32.28	
				Grilled Cheese Sandwich	31.58	
Thu 4/27	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 4/28	Mini Pancakes	36.00	36.00	Cheese Pizza Round	26.00	26.00

