

Carb Counts Elementary May - June 2023

Date	Breakfast			Lunch		
	Item	Carb	Menu Totals	Item	Carb	Menu Totals
Mon 5/1	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 5/2	Bagels	44.60	46.60	Cheese Breadsticks	33.82	40.82
	Cream Cheese	2.00		Marinara Sauce	7.00	
					Bean & Cheese Burrito	44.17
Wed 5/3	Mini Cinnamon Rolls	40.00	40.00	Chicken Corn Dog	30.00	30.00
				Grilled Cheese Sandwich	31.58	31.58
Thu 5/4	French Toast Sticks	40.00	40.00	BBQ Chicken Meatballs, Potatoes, & Biscuit	53.62	53.62
				Veggie Nuggets, Fries, and Crackers	65.80	65.80
Fri 5/5	Chocolate Chocolate Chip Muffin	40.00	40.00	Cheese Pizza Round	26.00	26.00
Mon 5/8	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 5/9	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 5/10	Blueberry Muffin	38.00	38.00	Beef Taco Stick	31.87	31.87
				Grilled Cheese Sandwich	31.58	31.58
Thu 5/11	Banana Bread	50.51	50.51	Macaroni & Cheese	31.00	31.00
				Veggie Nuggets, Fries, and Crackers	65.80	65.80
Fri 5/12	Concha	34.00	34.00	Cheese Pizza Round	26.00	26.00

Mon 5/15	Strawberry Go-Gurt	7.67	27.67	Chicken Burger with Fries	70.61	70.61
	Maple Graham Crackers	20.00		Veggie Burger with Fries	64.61	64.61
Tue 5/16	Bagels	44.60	46.60	Turkey Hot Dog	28.00	28.00
	Cream Cheese	2.00		Bean & Cheese Burrito	44.17	44.17
Wed 5/17	Mini Waffles	36.00	36.00	Chicken Dumplings with Fried Rice	67.87	67.87
				Grilled Cheese Sandwich	31.58	31.58
Thu 5/18	Raspberry Breakfast Square	36.00	36.00	Chicken Nuggets with Fries	52.35	52.35
				Veggie Nuggets, Fries, and Crackers	65.80	65.80
Fri 5/19	Chocolate Chocolate Chip Muffin	40.00	40.00	Cheese Pizza Round	26.00	26.00
Mon 5/22	Strawberry Go-Gurt	7.67	27.67	Turkey Nachos	36.48	66.48
				Tortilla Chips	30.00	
	Maple Graham Crackers	20.00		Veggie Patty	6.00	64.61
				Bun	41.80	
				Fries	16.80	
Tue 5/23	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 5/24	Egg & Cheese Breakfast Sandwich	25.00	25.00	Teryiaki Chicken with Fried Rice	65.02	65.02
				Teriyaki Veggie Nuggets with Fried Rice	78.02	78.02
				Grilled Cheese Sandwich	31.58	31.58
Thu 5/25	Banana Bread	50.51	50.51	Beef Rotini Pasta	24.12	38.12
				Garlic Bread	14.00	
				Veggie Nuggets, Fries, and Crackers	65.80	65.80
Fri 5/26	Mini Pancakes	36.00	36.00	Cheese Pizza Round	26.00	26.00

Tue 5/30	Bagels	44.60	46.60	Cheese Breadsticks	33.82	40.82	
	Cream Cheese	2.00		Marinara Sauce	7.00		
				Bean & Cheese Burrito	44.17		44.17
Wed 5/31	Mini Cinnamon Rolls	40.00	40.00	Chicken Corn Dog	30.00	30.00	
				Grilled Cheese Sandwich	31.58	31.58	
Thu 6/1	French Toast Sticks	40.00	40.00	BBQ Chicken Meatballs, Potatoes, & Biscuit	53.62	53.62	
				Veggie Nuggets, Fries, and Crackers	65.80	65.80	
Fri 6/2	Chocolate Chocolate Chip Muffin	40.00	40.00	Cheese Pizza Round	26.00	26.00	
Mon 6/5	Strawberry Go-Gurt	7.67	27.67	Cheeseburger Twin Pack	40.00	40.00	
				Veggie Patty	6.00		
	Maple Graham Crackers	20.00		Bun	41.80		64.61
				Fries	16.80		
Tue 6/6	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 6/7	Blueberry Muffin	38.00	38.00	Beef Taco Stick	31.87	31.87	
				Grilled Cheese Sandwich	31.58	31.58	

