

# JANUARY 2024 Carb Counter

## Grades 6-12 PPHS 2023

### Meal Prices

Breakfast:	No Charge	Reduced:	No Charge
Lunch:	\$3.00.	Reduced:	No Charge
Hudson Valley Fresh Milk: \$0.60			

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>BREAKFAST:</b> Four Components Served Daily Protein 1 oz Grain 1 oz Fruit 1/2 Cup Milk 8 oz	Yogurt 19 Granola 9 Muffin 28 Peaches 14	Egg/Cheese/Bagel 27 Muffin 28 Orange Juice 13	Toasted Waffles 26 Syrup 31 Muffin 28 Sausage Links 1 Applesauce 14	Breakfast Pizza 25 Muffin 28 Apple Juice 13	Pancakes 16 Syrup 31 Muffin 28 Fruit Cocktail 13	<b>LUNCH:</b> Five Components Offered Daily Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup Milk 8 oz
	<b>Lunch</b>					
<b>Alternate Entrée Sandwich</b> M- Egg Salad Sandwich 28 T-Turkey Cheese Wrap 33 W-Chicken Cheddar Wrap 33 Th- Ham/Cheese Sandwich 26 F- Tuna Salad 28	2 Chicken Nuggets 15 BBQ Sauce 11 Corn 36 Applesauce 28	3 BBQ Pork Patty 11 Bun 25 Baked Beans 52 Fruit Cocktail 30	4 Hamburger 0 Bun 25 Potatoes 34 Salad 0 Orange Wedge 30	5 Pizza 35 Carrots 30 Salad 0 Fresh Apple 25		<b>Milk 8 oz</b> F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13
<b>Offered Daily</b> Peanut Butter/Jelly 35 American Cheese 33	8 Bosco Bread Stick 24 Marinara 10 Peas 20 Peaches 28	9 Taco Meat 0 Corn Shells 13 Salad 0 Refried Beans 30 Salsa 1 Diced Pears 36	10 Grilled Cheese 33 Chicken Soup 8 Green Beans 10 Salad 0 Fruit Cocktail 30	11 Lasagna 29 Garlic Bread 26 Salad 0 Broccoli 16 Diced Peaches 28		<b>Juice 4 oz</b> Apple 13 Grape 19 Orange 13 Cranberry 14
<b>Specialty Salad Entrée</b> M- Grilled Chicken Salad w/Beans 21 T- Turkey /Cheese W- Chop Ham/Cheese Th- Chef Salad 11 F- Chicken Caesar 25 All Salads include Grain 23	15 Martin Luther King Day Cheese Bites 28 Marinara 10 Salad Bar 0 Apple Slices 8	16 Pulled Pork 11 Bun 25 Sweet Potato 34 Diced Pears 36	17 Fish Fillet 18 Bun 25 Corn 26 Applesauce 28	18 Mac and Cheese 31 Salad 0 Broccoli 16 Orange Wedges 30		<b>Fresh Fruit: 1/2 cup</b> Apple 25 Banana 27 Orange 15 Strawberry 6 Grapes 8
	22 Mozzarella Sticks 31 Marinara 10 Peas 20 Salad 0 Diced Peaches 28	23 Burrito 30 Salad 0 Salsa 1 Red Peppers 10 Diced Pears 36	24 Hamburger 0 Bun 25 Potatoes 134 Salad 0 Orange Wedge 30	25 NY Thursday Beef Sauce 0 Pasta 41 Salad 0 Broccoli 16 NY Apple 25	26 Hot Dog 0 Bun 25 Baked Beans 52 Fruit Cocktail 30	<b>1oz Cereal Bowls</b> Cheerios 20 Chex 27 Kix 15 Raisin Bran 27
	29 Steak 0 Bun 25 Green Bean 10 Fruit Cocktail 30	30 Cheese Ravioli 34 Garlic Bread 25 Carrots 30 Peaches 28	31 Chicken Drummy 6 Pita Chips 19 Salad 0 Potatoes 34 Diced Pears 36			