

Elementary Carb Counts
2022-2023

Breakfast	Carbs	Week 1 Lunch	Carbs	Week 2 Lunch	Carbs	Week 3 Lunch	Carbs
Monday		Monday		Monday		Monday	
Cereal		Cheesy Pull Apart Bread	32g	Chicken Fries	16g	Chicken Tenders	16g
Dutch Waffle	43g	Tater Tots	16g	Roll	14.55g	Mashed Potatoes	20g
Fruit		Baked Beans	30g	Cucumber Slices	2g	Gravy	3g
Juice		Cinnamon Applesauce	17g	Corn	21g	Garden Salad	2g
		PBJ Pack		PBJ Pack		Roll	14.5g
		Sugar Cookie	18g	Mandarin Oranges	20g	Pears Halve/Cherry	14g/3g
Tuesday		Tuesday		Tuesday		Tuesday	
Breakfast Pizza	28g	Turkey Sub Sandwich	27g	Condiments		BBQ Cup	21g
Cereal		Doritos	18g	Cheese Bites	28g	Condiments	
Fruit		Veggie Cup	3.12g	Yogurt Pack		French Toast	26g
Juice		Diced Peaches	18g	Crinkle Fries	12g	Chix Sausage	1g ea
		Yogurt Pack		Cauliflower	2g	Hashbrowns	15g
Wednesday		Wednesday		Wednesday		Wednesday	
Confetti Pancakes	36g	Hot Dog	27.35g	Maranara Sauce	10g	Veggie Drink	14g
Cereal		Emoji Potatoes	20g	Yogurt Pack		Hot Apples	15.5g
Fruit		Carrots	7g	Chicken Wings	18.75g	Yogurt Pack	
Juice		Frozen Fruit Cup	22g	Ranch Cup	5g	Condiments	
Thursday		Thursday		Thursday		Thursday	
Sausage Cheese Muffin	28g	PBJ Combo		BBQ Cup	21g	Mini Corn Dogs	30g
Cereal		Spaghetti w Meat Sauce	30g	Broccoli	3.34g	Baked Beans	30g
Fruit		Breadstick	25.91g	Cheese	6g	Peas	11g
Juice		Yogurt Pack		Veggie Juice	14g	Fresh Fruit	will vary
		Super Salad	3.57g	Orange Wedges	10.5g	PBJ Pack	
Friday		Friday		Friday		Friday	
Mini Cinni	40	Green Beans	4.48g	PBJ Pack		Condiments	
Cereal		Diced Pears	17g	Nacho Chips	18g	Hamburger	26g
Fruit		Condiments		Taco Meat	5g	Cheeseburger	27g
Juice		Cheese Pizza	34g	Cheese	6g	Sweet Potato Fries	24g
Cereal Packs		Friday		Friday		Friday	
Coco Krispies	15g	Pepperoni Pizza	33g	Beans	30g	Pickles	0
Apple Jacks	58g	PBJ Pack		Pepper Slices	3.5g	Green Beans	5g
Cinn Toast Crunch	55g	Salad	3.57g	Pineapple	15g	Banana	27g
		Fresh Veggies		Salsa	6g	Yogurt Pack	
		Ranch Cup	5g	Yogurt Pack		Mac & Cheese	36g
		Fruit Cocktail	14g	Cheese Pizza	36g	Roll	14.5g
				Pepperoni Pizza	35g	PBJ Pack	
				PBJ Pack		Baby Carrots	7g
				Carrots	7g	Broccoli	3.34g
				Celery	3g	Cherry Applesauce	20g
				Diced Peaches	18g		
				Ranch Cup	5g		

Alternate Meals

PBJ Pack	47g	Monday, Wednesday, Friday		Fresh Fruit		Condiments	
Strawberry Uncrustable	33g			Whole Apple	25g	Mayo Packet	1g
Grape Uncrustable	32g			Banana	27g	Mustard Packet	0g
Goldfish Crackers	14g			Diced Peaches	11g	Ketsup Packet	2g
Mozzarella String Cheese	1g			Diced Pears	27g	Ranch Packet	2g
Yogurt Pack	36g	Tuesday, Thursday		Fresh Veggies		Italian Packet	2g
Strawberry Smash Yogurt	12g			Broccoli	3.34g	BBQ Cup	21g
Scooby Grahams	21g			Carrots	7g	Ranch Cup	5g
Colby Jack Cheese	1g						

Beverages

1% white lowfat milk	13g	100% fruit juice - 6 oz. (for after school snack)					
1% chocolate lowfat milk	15g	Apple	23g				
1% strawberry lowfat milk	23g	Fruit Punch	25g				
Skim fat free milk	13g	Orange Tangerine	24g				
		Power Punch (Veggie Juice)	22g				
100% fruit juice - 4 oz. (breakfast)							
Fruit Punch	15g						
Orange Tangerine	12g						
Apple	14g						