

# FEBRUARY 2024 K-5

## Carb Counter Menu CSEL/SS

### Meal Prices

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

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>BREAKFAST:</b> Three Components Served Daily 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 1 oz Whole Grains 1 oz Fruits 1/2 cup Vegetables 1/2 cup Milk 8 oz
	<b>Lunch</b>					
				1 Noodles 17 Popcorn Chicken 15 Salad 0 Broccoli 8 Oranges 15	2 Pizza 23 Carrots 15 Salad 0 Fresh Apple 25	Milk 8 oz F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13
<b>Alternate Entrée Sandwich</b>  Turkey Sandwich 26 Turkey/Cheese Sandwich 27 Cheese Sandwich 33 Ham Sandwich 26 Peanut butter/Jelly 35	5 Cheese Bites 28 Marinara 10 Salad Bar 0 Peas 10 Peaches 14	6 Taco Meat 0 Corn Chips 18 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	7 Veggie Burger 16 Bun 25 Green Beans 5 Fruit Cocktail 15	8 Lasagna 29 Garlic Bread 26 Salad 0 Broccoli 8 Diced Peaches 14	9 Chicken Nuggets 16 Carrots 15 Salad 0 Fresh Apple 25	<b>Juice 4 oz</b> Apple 13 Grape 19 Orange 13 Cranberry 14
<b>Salad Entrée</b> Chef Salad 11 All Salads include Grain 23	12 Chicken Dumplings 21 Rice 22 Salad 0 Snow Peas 4 Oranges 15	13 Meat Loaf 0 Garlic Bread 25 Mashed Potato 17 Gravy 4 Apple Slices 4	14 BBQ Pork Patty 11 Bun 25 Sweet Potato 17 Diced Pears 18	15 Popcorn Chicken 15 Salad 0 Corn 13 Applesauce 14	16 Pizza 23 Green Beans 5 Salad 0 Fruit Cocktail 15	<b>Fresh Fruit: 1/2 cup</b> Apple 25 Banana 27 Orange 15 Strawberry 6 Grapes 8
	19 Presidents Day	20 Chicken Drummy 6 Pita Chips 19 Salad 0 Potatoes 17 Fruit Cocktail 15	21 Burrito 30 Salad 0 Salsa 1 Green Beans 5 Diced Pears 18	22 NY Thursday Beef Sauce 0 Pasta 41 Salad 0 Sweet Potato NY Apple 25	23 Pizza 23 Broccoli 8 Salad 0 Fresh Apple 25	<b>1oz Cereal Bowls</b> Cheerios 21 Cocoa Puffs 25 Lucky Charms 23 Chex 27 Kix 15 Raisin Bran 27
	26 Veggie Nuggets 23 Bun 25 Green Bean 5 Fruit Cocktail 15	27 Taco Meat 0 Wheat Shell 28 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	28 Ravioli 34 Garlic Bread 25 Salad 0 Carrots 15 Peaches 14	29 Empanada 32 Salad 0 Corn 13 Pineapple 11		