

FEBRUARY 2024 Carb Counter

Grades 6-12 PPHS 2023

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	
BREAKFAST: Four Components Served Daily Protein 1 oz Grain 1 oz Fruit 1/2 Cup Milk 8 oz						LUNCH: Five Components Offered Daily Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup 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	
	Lunch					
Alternate Entrée Sandwich M- Egg Salad Sandwich 28 T-Turkey Cheese Wrap 33 W-Chicken Cheddar Wrap 33 Th- Ham/Cheese Sandwich 26 F- Tuna Salad 28				1 Noodles 17 Popcorn Chicken 15 Salad 0 Broccoli 16 Oranges 30	2 Pizza 23 Carrots 30 Salad 0 Fresh Apple 25	Milk 8 oz F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13
Offered Daily Peanut Butter/Jelly 35 American Cheese 33	5 Cheese Bites 28 Marinara 10 Salad Bar 0 Peas 20 Peaches 28	6 Taco Meat 0 Corn Chips 18 Salad 0 Refried Beans 30 Salsa 1 Diced Pears 36	7 Veggie Burger 16 Bun 25 Green Beans 10 Fruit Cocktail 30	8 Lasagna 29 Garlic Bread 26 Salad 0 Broccoli 16 Diced Peaches 28	9 Chicken Nuggets 16 Carrots 30 Salad 0 Fresh Apple 25	
Specialty Salad Entrée 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	12 Chicken Dumplings 21 Rice 22 Salad 0 Snow Peas 8 Oranges 30	13 Meat Loaf 0 Garlic Bread 25 Mashed Potato 34 Gravy 4 Apple Slices 8	14 BBQ Pork Patty 11 Bun 25 Sweet Potato 34 Diced Pears 36	15 Popcorn Chicken 15 Salad 0 Corn 26 Applesauce 28	16 Winter Recess	Fresh Fruit: 1/2 cup Apple 25 Banana 27 Orange 15 Strawberry 6 Grapes 8
	19 Presidents Day	20 Chicken Drummy 6 Pita Chips 19 Salad 0 Potatoes 34 Fruit Cocktail 30	21 Burrito 30 Salad 0 Salsa 1 Green Beans 10 Diced Pears 36	22 NY Thursday Beef Sauce 0 Pasta 41 Salad 0 Sweet Potato 41 NY Apple 25	23 Pizza 23 Broccoli 16 Salad 0 Fresh Apple 25	
	26 Veggie Nuggets 23 Bun 25 Green Bean 10 Fruit Cocktail 30	27 Taco Meat 0 Wheat Shell 28 Salad 0 Refried Beans 30 Salsa 1 Diced Pears 36	28 Ravioli 34 Garlic Bread 25 Salad 0 Carrots 30 Peaches 28	29 Empanada 32 Salad 0 Corn 26 Pineapple 22		1oz Cereal Bowls Cheerios 20 Chex 27 Kix 15 Raisin Bran 27