

Carb Counter Menu OCTOBER

Grades K-12

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>BREAKFAST: Four Components Served Daily Protein 1 oz Grain 1 oz Fruit 1 Cup, Served in ½ portions. Carbs reflect ½ cup Serving. Milk 8 oz</p>	Yogurt 19 Granola 9 Cereal Peaches 14 OJ 13	Egg/Cheese/Bagel 27 Cereal Orange Wedges 8 Apple Juice 13	Toasted Waffles 26 Syrup 31 Cereal Sausage Links 1 Peaches 14	Breakfast Pizza 25 Cereal Fresh Banana 27 OJ 13	French Toast 28 Syrup 31 Cereal Diced Pears 16	<p>LUNCH: Five Components Offered Daily All Fruits and Vegetables Served in ½ cup servings. Carb counts reflect the ½ cup serving size.</p> <p>Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup Milk 8 oz</p>
<p>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</p>	Lunch					
<p>Offered Daily Peanut Butter/Jelly 35 American Cheese 33</p>		1 Beef 0 Corn Tortilla 20 Salsa 0/Cheese 8/2 Salad Boat 0 Refried Beans 18	2 Egg Patty/Cheese 1/2 Croissant 29 Carrots 6 Salad 0 Diced Peaches 14	3 Rosh Hashanah	4 K-5 Pizza 23 6-12 Pizza 34 Corn 17 Salad 0 Applesauce 15	<p style="text-align: center;">Milk 8 oz</p> <p>F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13</p> <p style="text-align: center;">Juice 4 oz</p> <p>Apple 13 Grape 19 Orange 13 Cranberry 14</p> <p style="text-align: center;">Fresh Fruit: 1 cup</p> <p>Apple 25 Banana 27 Orange 16 Strawberry 16 Grapes 16</p> <p style="text-align: center;">1oz Cereal Bowls</p> <p>Cheerios 20 Chex 27 Kix 15 Raisin Bran 27</p> <p style="text-align: center;">Muffins 4 oz</p> <p>Chocolate Chip 59 Blueberry 52 Apple Cinnamon 53</p>
<p>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</p>	7 Beef Burger 0 Bun 25 French Fries 22 Salad 0 Fruit Cocktail 17	8 Beef 0 Corn Tortilla 20 Salsa 0/Cheese 8/2 Salad Boat 0 Refried Beans 18	9 Oven Roast Chicken 0 Rice 23 Salad 0 Carrots 6 Diced Peaches 14	10 Meatball 0 Bun 25 Broccoli 5 Salad 0 Fruit Cocktail 17	11 K-5 Pizza 23 6-12 Pizza 34 Green Beans 4 Salad 0 Pears 16	
	14 Columbus Day	15 Hot Dog 1 Bun 25 Beans 29 Salad 0 NY Apple 25	16 Dumplings 21 Rice 22 Veg Egg Roll Salad 0 Fresh Pear 26	17 K-5 Mac/Cheese 6-12 Mac/Cheese 31 Broccoli 5 Salad 0 Oranges 8	18 K-5 Pizza 23 6-12 Pizza 34 Carrots 6 Salad 0 Fruit Cocktail 17	
	21 K-5 Mozz. Sticks 19 6-12 Mozz. Sticks 32 Marinara 10 Salad 0 Carrots 6 Diced Pears 16	22 Beef 0 Corn Tortilla 20 Salsa 0 Salad Boat 0 Refried Beans 18 Diced Peaches 14	23 Pizza Cruncher K-5 31 Pizza Cruncher 6-12 51 Salad 0 Green Beans 7 Fruit Cocktail 17	24 NY Beef 0 NY Pasta 28 Salad Boat 0 NY Squash 34 NY Apple 25	25 K-5 Pizza 23 6-12 Pizza 34 Salad 0 Broccoli 5 Banana 27	
	28 Egg Patty/Cheese 1/2 Croissant 29 Carrots 6 Salad 0 Diced Peaches 14	29 Veggie Burger 9 Bun 25 Chickpea Salad 22 Salad 0 Diced Pears 16	30 Chicken Empanada 32 Plantains 24 Salad 0 Pineapple 10	31 Lasagna 29 Salad 0 Broccoli 5 Applesauce 15		