

Carb Counter Menu NOVEMBER

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</p> <p>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>					01 K-5 Pizza 23 6-12 Pizza 34 Carrots 6 Salad 0 Apple 25	
<p>Offered Daily</p> <p>Peanut Butter/Jelly 35 American Cheese 33 Uncrustables 2.6 oz 32 Uncrustables 5.3 oz 64</p>	04 Beef Burger 0 Bun 25 Roasted Potato 11 Salad 0 Grapes 8	05 Beef 0 Pasta 28 Green Beans 4 Salad Boat 0 Strawberry 6	06 Oven Roast Chicken 0 Rice 23 Salad 0 Corn 19 Blueberry 11	07 Meatball 0 Bun 25 Beans 20 Salad 0 Fresh Pear 26	08 K-5 Pizza 23 6-12 Pizza 34 Carrots 6 Salad 0 Fresh Apple 25	<p>Milk 8 oz</p> <p>F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13</p> <p>Juice 4 oz</p> <p>Apple 13 Grape 19 Orange 13 Cranberry 14</p> <p>Fresh Fruit: 1 cup</p> <p>Apple 25 Banana 27 Orange 16</p>
<p>Specialty Salad Entrée</p> <p>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>	11 Veterans Day	12 Chicken 0 Pita Chips 21 Green Beans 4 Applesauce 14	13 Beef 0 Pasta 28 Peas 11 Salad 0 Fresh Pear 26	14 K-12 Trout 0 Rice 23 Beans 20 Salad 0 Plums 8	15 K-5 Pizza 23 6-12 Pizza 34 Carrots 6 Salad 0 Apple 25	<p>Apple 13 Grape 19 Orange 13 Cranberry 14</p> <p>Fresh Fruit: 1 cup</p> <p>Apple 25 Banana 27 Orange 16</p> <p>Strawberry 12 Grapes 16</p> <p>1oz Cereal Bowls</p> <p>Cheerios 20 Chex 27 Kix 15 Raisin Bran 27</p> <p>Muffins 4 oz</p> <p>Chocolate Chip 59 Blueberry 52 Apple Cinnamon 53</p>
	18 K-12 2 Bun 25 Salad 0 Peas 11 Plums 8	19 Beef 0 Corn Tortilla 20 Salsa 8 Salad Boat 0 Beans 20 Blueberry 11	20 K-12 Turkey 0 Roasted Potato 11 Stuffing 25 Salad 0 Apple Crisp 40	21 NY Beef 0 NY Pasta 28 Salad Boat 0 Mixed Veg 12 NY Pear 26	22 K-5 Pizza 23 6-12 Pizza 34 Salad 0 Carrots 6 Strawberry 6	
	25 K-12 Trout 0 Rice 23 Beans Salad 0 Cherries 9	26 Meatloaf 19 Pita Chips 21 Roasted Potato 11 Salad 0 Blueberry 11	27	28	29	