

Sept. 30, 2024 - Oct. 4, 2024 LUNCH MENU CARBOHYDRATES

Meat/Meat Alt.	Grains	Vegetable	Dairy	Fruits & Juice	Gravy/Sauces/Seasonings	Other
Advance Pierre - Paesano - Meatballs - 6g	Chow Mein Noodles - 30g	Baked Beans - 29g	1% Low Fat Milk- 13g	100% Juice Cup - 14g	BBQ Sauce for Grilled Ckn Br. or Pork - 9g	Beef Vegetable Soup (1 cup) - 8.97g
American Chop Suey - 26.14g	Fortune Cookie - 1 each - 4.17g	Bean Salad - 10.24g	American Cheese (2 slices) - 2 g		Brown Gravy -4g	Chicken Noodle Soup (1/2 cup) - 7g
Bacon Bits - 218.68g	Fried Rice - 16g	Black Beans - 18g	Cheese for Calzone - 1g	Apple - 29.6g	Chicken Gravy - 4g	Chicken Tortilla Soup (1 cup) - 79g
Bacon Round (1 pc) - 1g	Stuffing - 24g	Broccoli Salad - 31.06g	Cheese for Tacos or Twice Baked Potatoes - 2g	Banana - 28.6g	Cranberry Sauce - 2 oz. - 22g	Potato Chips - 15g
Bacon Slices (2 pc) - 2g	WG Apple Cinnamon Muffin - 26g	Butternut Squash - 12.6g	Cheese Stick (1) - 1 g	Orange - 18.2g	Dipping Ckn Sauce - 1 oz. cup - 6g	Tomato Soup (1/2 cup) - 20g
Beef Calzone - 70g	WG Brown Rice - 18g	Carrots Sticks - 10.2g	Chocolate Fat Free - 30g	Peach - 15.2g	Fajita Seasoning - 1g	
Beef Meatballs - 2g	WG Cheez-Its - 14g	Cole Slaw - 4.52g	Lactaid Fat Free Milk - 13g		Sloppy Joe Sauce - 8g	WG Banana Bread - 45g
Beef Taco Filling - 5g	WG Choc. Chip Muffin - 28g	Cooked Broccoli - 1.5g	Parfait - 69g		Sweet & Sour Sauce - 1oz. cup - 11g	WG Blueberry Bread - 45g
Breaded Chicken Drumstick - 6g	WG Corn Taco Shells (2) - 18g	Corn - 16g	Skim Fat Free Milk- 13g		Turkey Gravy - 4g	WG Lemon Bread - 44g
Chicken Caesar WG Wrap - 39.04g	WG Crackers - 11g	Green Beans - 4g	Smoothie - Banana - 75g			
Chicken Fajita - 23.38g	WG Goldfish Crackers - 16g	Lettuce - 1.07g	Smoothie - Blueberry - 67g			Cedar's Hommus - 8.09g
Chicken, Broccoli & Pasta Alfredo - 45.88g	WG Pretzels -16g	Marinara Sauce Cup (2.5 oz.) - 7g	Smoothie - Strawberry - 68g			Cedar's Taboule - 7.37g
Cuban Sandwich - 37g	WG Soft Pretzel - 30g	Mini Egg Roll - 1 each - 6.25g	Sour Cream - 2g			
General Tso's WG Chicken - 23g	WG Texas Toast Garlic Bread - 15g	Onion WG Rings - 28g	Yogurt - 16g			
Glazed Chicken Drumstick - 2g	WG Tortilla 6" x 2 (Twin Tacos) - 30g	Onions & Peppers (in steak & cheese sub or fajita) - 6.16g				Condiments
Grilled Chicken Breast/Patty - 1g	WG Tortilla 8" - 24g	Peas - 11g				Ketchup - 3g
Grilled WW Cheese Sandwich - 13g	WG Tortilla 10" - 29g	Pickles - 1 oz. - 1g				Mayonnaise - 0g
Ground Beef - 2 oz. - 0g	WG Tostitos -20g	Potato - French Fries - Crinkle 1/2" - 13g				Smart Balance - 0.2g
Ham - 4g	White Hot Dog Roll - 20g	Potato - Tater Tots - 14g				
Hamburger - 0g	Whole Corn Nachos -20g	Potato Wedges - 15g				
Hot Dog - 3g	WW Dinner Roll - 14g	Potato, Baked or Oven Roasted - 37g				
Mandarin Orange WG Chicken -19g	WW Elbow Macaroni - 42g	Salsa - 4g				
Meatloaf - 8g	WW Hamburg Roll - 29g	Side Cup of Chili (1/2 Cup Serving) - 10.68g				
Oven Baked Chicken - 0g	WW Hot Dog Roll - 25g	Smiley Fries - 20g				
Pasta with Meat Sauce - 49g	WW Sub Roll - 29g	Spanish Rice and Beans - 56g				
RIB - A - QUE - 8g		Sweet Potato Fries - 19g				
Shepherd's Pie - 23.77g		Tomato - 5g				
Sloppy Joe on WW Roll - 35.93g		Twice Baked Potato - 37.9g (toppings listed separately)				
Tuna Salad - 1g		Vegetarian Baked Beans - 28g				
Turkey - 0g		Whipped Potatoes - 17g				
Unseasoned Pork - 0g						
WG Cheese Lasagna Roll Up - 29g						
WG Cheese Mini Ravioli - 16g						
WG Chicken Nuggets - 16g						
WG Chicken Tenders - 15g						
WG Crispy Chicken Patty - 16g						
WG Fish - 16g						
WG Macaroni & Cheese - 46g						
WG Mini Chicken Corn Dog - 20g						
WG Mozzarella Sticks - 32g						
WG Spicy Chicken Patty - 15g						
WW Cheese Pizza - 39g						
X Lean Shaved Steak for Sub - 0g						
THESE CARBOHYDRATES ARE BASED ON NUTRITIONALS GIVEN TO US						
DUE TO SUPPLY CHAIN ISSUES PRODUCT BRANDS MAY VARY FROM OUR REGULAR PURCHASES						