

# Carb Counter Menu JANUARY

## Grades K-12

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>BREAKFAST:</b> Four Components Served Daily Protein 1 oz Grain 1 oz Fruit 1 Cup, <b>Served in ½ portions. Carbs reflect ½ cup Serving.</b> 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 Fruit Cocktail 17 OJ 13	French Toast 28 Syrup 31 Cereal Diced Pears 16	<p><b>LUNCH:</b> Five Components Offered Daily <b>All Fruits and Vegetables Served in ½ cup servings. Carb counts reflect the ½ cup serving size.</b></p>
	<b>Lunch</b>					
<p><b>Alternate Entrée Sandwich</b></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>				2 Chicken Patty 13 Bun 25 Onion Ring 20 Salad 0 Diced Pears 18	3 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 Applesauce 14	<p>Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup Milk 8 oz</p>
<p><b>Offered Daily</b></p> <p>Peanut Butter/Jelly 35 American Cheese 33 Uncrustables 2.6 oz 32 Uncrustables 5.3 oz 64</p>	6 NY Meatballs 12 Garlic Bread 26 Salad 0 Broccoli 8 Diced Peaches 14	7 Taco Meat 0 Corn Shells 13 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	8 Waffles 29 Chicken 13 Green Beans 5 Salad 0 Fruit Cocktail 15	9 Bosco Bread Stick 24 Marinara 10 Peas 10 Peaches 14	10 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 NY Apples 25	<p style="text-align: center;"><b>Milk 8 oz</b></p> <p>F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13</p> <p style="text-align: center;"><b>Juice 4 oz</b></p> <p>Apple 13 Grape 19 Orange 13 Cranberry 14</p> <p style="text-align: center;"><b>Fresh Fruit: 1 cup</b></p> <p>Apple 25 Banana 27 Orange 16 Strawberry 12 Grapes 16</p>
<p><b>Specialty Salad Entrée</b></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>	13 NY Perogies 41 Sausage 1 Salad 0 Peaches 14	14 Mozzarella Sticks 31 Marinara 10 Salad Bar 0 NY Apple 25	15 Turkey 0 Rice 22 Butternut Squash 34 Diced Pears 18	16 Chicken Patty 13 Bun 25 Corn 13 Applesauce 14	17 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 NY Apples 25	<p style="text-align: center;"><b>1oz Cereal Bowls</b></p> <p>Cheerios 20 Chex 27 Kix 15 Raisin Bran 27</p> <p style="text-align: center;"><b>Muffins 4 oz</b></p> <p>Chocolate Chip 59 Blueberry 52 Apple Cinnamon 53</p>
	20 Martin Luther King Day	21 Burrito 30 Salad 0 Salsa 1 Red Peppers 5 Diced Pears 18	22 Hamburger 0 Bun 25 Potatoes 17 Salad 0 Orange Wedge 15	23 Swedish Meatball 4 Pasta 41 Salad 0 Broccoli 8 NY Apple 25	24 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 NY Apples 25	
	27 General Tso Chicken 13 Lo Mein Noodle 17 Salad Bar 0 Peas 10 Pears 18	28 Ramen Noodle 17 Dumpling 30 Salad Bar 0 Oranges 12	29 Lunar New Year	30 Chicken Egg Roll 19 Fried Rice 27 Salad Bar Broccoli 8 Pineapple 14	31 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 NY Apples 25	