

# Carb Counter Menu FEBRUARY

## Grades K-12

	Monday	Tuesday	Wednesday	Thursday	Friday	
<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	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	<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>
<b>Alternate Entrée Sandwich</b>	<b>Lunch</b>					Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup Milk 8 oz
M– Egg Salad Sandwich 28 T–Turkey Cheese Wrap 33 W–Chicken Cheddar Wrap 33 Th– Ham/Cheese Sandwich 26 F– Tuna Salad 28	3 Hamburger 0 Bun 25 Potatoes 17 Salad 0 Orange Wedge 15	4 Taco Meat 0 Corn Shells 13 Salad 0 Refried Beans 15 Salsa 1	5 K-5 Mac and Cheese 31 6-12 Mac and Cheese 43 Salad 0 Broccoli 8 Fruit Cocktail 15	6 Mozzarella Sticks 31 Marinara 10 Salad Bar 0 Green Beans 5 NY Apple 25	7 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 Applesauce 14	<b>Milk 8 oz</b>
<b>Offered Daily</b>	10 Chicken Drummy 6 Pita Chips 19 Onion Rings 20 Salad 0 Diced Pears 18	11 Egg/Ham/Cheese 1/2 Croissant 29 Salad 0 Broccoli 8 Applesauce 14	12 One Pancake 37 Sausage 1 Salad 0 Green Beans 5 Fruit Cocktail 15	13 NY Perogies 41 Bean Salad 20 Salad 0 Peas 10 Peaches 14	14 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 Applesauce 14 NY Apple 25	F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13
<b>Specialty Salad Entrée</b>	17  President's Day	18 Taco Meat 0 Corn Shells 13 Salad 0 Refried Beans 15 Salsa 1	19 Cheese Ravioli 38 Salad 0 Butternut Squash 34 Diced Pears 18	20 Waffles 29 Chicken 13 Corn 19 Salad 0 Applesauce 14	21 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 NY Apples 25	<b>Juice 4 oz</b>
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	24 Grilled Cheese 33 Chicken Noodle Soup 10 Salad 0 Peas 10 Diced Peaches 14	25 Empanada 32 Salad 0 Salsa 1 Red Peppers 5 Diced Pears 18	26 Chicken Drummy 6 Pita Chips 19 Salad 0 Onion Ring 20 Orange Wedge 15	27 NY Meatball 0 Pasta 28 Salad 0 Broccoli 8 NY Apples 25	28 K-5 Pizza 23 6-12 Pizza 34 Carrots 15 Salad 0 Diced Pears 18	<b>Fresh Fruit: 1 cup</b>
						<b>1oz Cereal Bowls</b>
						<b>Muffins 4 oz</b>
						Chocolate Chip 59 Blueberry 52 Apple Cinnamon 53