

GF Carb Counter Menu APRIL Grades K-12

	Monday	Tuesday	Wednesday	Thursday	Friday	
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	French Toast 28 Syrup 31 Cereal Diced Pears 16 OJ 13	Egg/Cheese/Croissant 29 Cereal Orange Wedges 8 OJ 13	Pancakes 28 Syrup 31 Cereal Sausage Links 1 Peaches 14	Breakfast Pizza 25 Cereal Fruit Cocktail 17 OJ 13	Yogurt 19 Granola 9 Cereal Peaches 14 OJ 13	LUNCH: Five Components Offered Daily All Fruits and Vegetables Served in ½ cup servings. Carb counts reflect the ½ cup serving size. Proteins 2 oz Whole Grains 2oz Fruits 1 cup Vegetables 1cup Milk 8 oz
	Lunch					
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	Whole Wheat Buns 25 Sliced Whole Wheat 28	1 GF Cheeseburger 0 GF Bun 39 Salad Bar 0 Veg Beans 26 Diced Pears 18	2 GF Steelhead Trout 0 Quinoa 29 Salad Bar 0 Green Beans 5 Strawberry Cup	3 GF Roast Chicken 0 Seasoned Rice 22 Salad Bar 0 Butternut Squash 17 Applesauce 14	4 GF K-5 GF Pizza 29 6-12 GF Pizza 29 Broccoli 8 Salad 0 NY Apple 25	Milk 8 oz F/F Chocolate 24 F/F Strawberry 24 F/F White 13 1 % 13 Juice 4 oz Apple 13 Grape 19 Orange 13 Cranberry 14 Fresh Fruit: 1 cup Apple 25 Banana 27 Orange 16 Strawberry 12 Grapes 16 1oz Cereal Bowls Cheerios 20 Chex 27 Kix 15 Raisin Bran 27 Muffins 4 oz Chocolate Chip 59 Blueberry 52 Apple Cinnamon 53
	Offered Daily Peanut Butter/Jelly 35 American Cheese 33 Uncrustables 2.6 oz 32 Uncrustables 5.3 oz 64	7 GF Meatballs 0 GF Bun 35 Salad 0 Butternut Squash 17 Diced Peaches 14	8 GF Taco Meat 4 Corn Chips 13 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	9 GF Pasta Salad 49 Beets 12 Salad 0 Fruit Cocktail 15	10 GF Hot Dog 1 GF Bun 35 Baked Beans 29 Salad Bar 0 Peaches 14	
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	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	
	21 Spring Break	22 Spring Break	23 GF Egg/Ham/Cheese 0 Cheerios 23 Salad Bar 0 Hash Brown 17 Pineapple 20	24 GF Roast Chicken 0 Rice 22 Salad 0 Corn 13 Fruit Cocktail 15	25 GF K-5 GF Pizza 29 6-12 GF Pizza 29 Broccoli 8 Salad 0 NY Apples 25	
	28 GF Ham Steak 0 Quinoa 29 Salad Bar 0 Peas 10 Peaches 14	29 GF Taco Meat 4 Corn Shells 13 Salad 0 Refried Beans 15 Salsa 1 Diced Pears 18	30 GF Turkey 0 Rice 22 Potatoes 17 Salad 0 NY Apple 25			