

Carbohydrate Counting K-8 School Lunch Menu 2016-17

Mobile County Public School System

Unflavored 1% low fat (12), unflavored (12), Chocolate (22), or Strawberry (29) fat free milk available with each meal.

Week	A	B	C	D	E
Week 1	<p><i>Breaded (13)OR Grilled Chicken Patty OR Fillet Creamed Potatoes (16) Brown Gravy Sweet Peas (15) 4 Hushpuppies (30) Fruit (15-30)</i></p>	<p><i>Pizza (38) Green Beans Carrots (8) Romaine Garden Salad Fruit (15-30) Juice (15)</i></p>	<p><i>BBQ Beef OR Pork Patty on Hamburger Bun (28) Broccoli Sweet Potatoes(28) Fruit (15-30)</i></p>	<p><i>Taco Meat 20 Tortilla Chips (38) Cheese/Sour Cream/Taco Sauce Chopped Romaine (1/2 cup) Diced Tomatoes (1/4 cup) Whole Kernel Corn (20) Juice (15) Fruit (15-30)</i></p>	<p><i>Chili(10) Cheese Dog on Bun (26) Baked Beans (25) Cole Slaw (5) Rice Krispy Treat (28) Fresh (15-30)</i></p>
Week 2	<p><i>3Chicken Tenders (13) OR 5 Chicken Nuggets (13) w/Sauce (varies) Green Beans Sweet Potatoes (28) Mini Biscuit (15) Chocolate Rice Crispy Treat (27) Fruit (15-30)</i></p>	<p><i>Cheeseburger on Hamburger Bun (28) Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes (16) Baked Beans (25) Juice (15) Fruit (15-30)</i></p>	<p><i>Salisbury Steak Brown Gravy Creamed Potatoes (16) Collard OR Turnip Greens 2 oz. Cornbread (30) Fruit (15-30)</i></p>	<p><i>Pizza (38) Carrots (8) Romaine Garden Salad Fruit (15-30) Juice (15)</i></p>	<p><i>Soup Baked Potato & Bacon (12) or Vegetable or Chicken Vegetable or Beef Vegetable Broccoli 2 Mozzarella Cheese Sticks (28) Fruit (15-30)</i></p>
Week 3	<p><i>2 Chili Crisпитos (40) OR 2 Cheese & Chicken Fiesta Stix (40) Cheese/Sour Cream/Taco Sauce Pinto Beans (20) Whole Kernel Corn (20) Fruit (15-30)</i></p>	<p><i>Meat Sauce with Pasta (41) Green Beans Caesar Salad Rip Stick Breadstick (15) Fruit (15-30) Juice (15)</i></p>	<p><i>Gumbo(10) with Brown Rice (15) Potato Salad (14) Carrots (8) Okra- optional 2 Hushpuppies (30) Fruit (15-30)</i></p>	<p><i>Deli Sandwich or Wrap (Hamburger Bun(28) or Tortilla (19)) Romaine Leaf, Sliced Tomato Sweet Potatoes (28) Sun Chips(19) Fruit (15-30) Juice (15)</i></p>	<p><i>5 Fish Nuggets (30) Baked Beans 925) Broccoli Roll (22) Fruit (15-30)</i></p>
Week 4	<p><i>Salisbury Steak Brown Gravy Creamed Potatoes (16) Sweet Peas (15) Roll (22) Fruit (15-30)</i></p>	<p><i>Baked Chicken or 3 Chicken Drumsticks (7) Lima Beans (16) Sweet Potatoes (28) 2 oz Cornbread (30) Juice (15) Fruit (15-30)</i></p>	<p><i>Chili (10)Cheese Dog on Bun (20) Baked Beans (25) Coleslaw (5) Rice Krispy Treat (28) Fruit (15-30)</i></p>	<p><i>Pizza (38) Broccoli Whole Kernel Corn (20) Romaine Garden Salad Fruit (15-30) Juice (15)</i></p>	<p><i>Chicken (patty(13 if breaded), fajita, diced) on Hamburger Bun (20) Oven Potatoes (16) Carrots (8) Brownie (27) Fruit (15-30)</i></p>
Week 5	<p><i>Corn Dog (33) Sweet Potatoes (28) Sweet Peas (15) Graham Crackers (20) Fruit (15-30)</i></p>	<p><i>Cheese Enchilada (40) with Sauce (7) Pinto Beans (20) Whole Kernel Corn (20) Fruit (15-30) Juice (15)</i></p>	<p><i>Asian Chicken (10-25) Asian Fried Brown Rice (15) Vegetable Egg Roll (22) Broccoli Fruit (15-30)</i></p>	<p><i>4 Beef Meatballs on Hot Dog Bun (20) or 2 Lasagna Rolls (44 for 2) Green Beans Caesar Salad Fruit (15-30) Juice (15)</i></p>	<p><i>Cheeseburger on Hamburger Bun (28) Romaine Leaf, Sliced Tomato, Pickles Oven Potatoes (16) Carrots (8) Fruit (15-30)</i></p>