

## Elementary School Carb Counts for Spring Menu

2017-2018

**Week One Sept 4**

### Monday

41 Sloppy Joe  
Or 23 Turkey & Cheese WW wrap  
20 French Fries  
5 Slaw  
20 Baked Beans  
lettuce/tomato/pickle  
3 Tossed Green Salad  
15 Fruit

### Tuesday

16 Chicken Fritter Bites/Tenderloin  
Or 22 Mini chef salad  
20 Creamed Potatoes  
15 Green Peas  
3 Tossed Green Salad  
16 Roll  
10 fresh baby carrots w/ dip  
15 Fruit

### Wednesday

30 Pizza  
Or 24 Beef-a-roni  
15 Corn  
10 Raw Veggies w/ Dip  
3 Tossed Green Salad  
15 Fruit  
14 Frozen Juice Treats

### Thursday

33 Cheeseburger  
Or 30 Ham & Cheese Sub shop Sandwich  
23 Baked Chips  
5 Carrot Stix  
Peppers, Onions, olives, etc  
7 vegetable soup (1/2 cup)  
3 Tossed Green Salad  
15 Fruit

### Friday

22 Fish Strips w/ 17 hushpuppies  
Or 32 Grilled Chicken Sandwich  
20 Mac 'n Cheese  
20 Lima Beans  
5 Cole Slaw  
3 Tossed Green Salad  
15 Fruit

**Week Two Sept 11**

### Monday

33 Cheeseburger  
44 Chicken Filet Sandwich  
23 Baked Lays  
3 Carrot & Celery Stix  
20 Baked Beans  
Lettuce/Tomato/Pickles  
3 Tossed Green Salad  
15 Fruit

### Tuesday

17 Popcorn Chicken Smackes  
Or 34 Yogurt/Muffin Muchable  
20 Creamed Potatoes  
15 Green Peas  
3 Tossed Green Salad  
16 Roll  
15 Fruit  
Dessert

### Wednesday

32 BBQ Pork w/ roll  
Or 37 Chicken Fettucini  
15 Corn  
3 Green Beans  
Tossed Salad  
Sliced Cucumbers  
15 fruit

### Thursday

41 Spaghetti  
Or 27 Corn Dog  
2 Oven roasted potatoes  
17 Broccoli w/ Cheese  
5 Carrots  
16 Roll  
3 tossed green salad  
15 Fruit

### Friday

27 Beefy Nachos  
Or 29 Pizza Quesadilla  
Salsa, Sour cream  
20 Rice  
19 Refried Beans  
15 Fruit  
Lettuce/Tomato/Pickles  
Tossed Green Salad  
15 Corn and black bean salad

**Week Three Sept 18**

### Monday

30 Pizza  
44 Chicken Filet Sandwich  
15 Corn  
3 RawVeggie Medley  
3 Tossed Green Salad  
Lettuce/Tomato/Pickles  
15 Fruit

### Taco Tuesday

25 Crispy Beef Taco  
Or 20 Soft Chicken Taco  
Or 34 Yogurt/Muffin Muchable  
19 Refried Beans  
20 Rice  
Tossed Green Salad  
15 Fruit  
15 Corn and black bean salad

### Wednesday

15 Oven Fried Chicken  
Or 8 Hamburger Steak  
30 Baked Sweet Potato  
5 Steamed veggies  
16 Whole grain Roll  
Cucumber and Tomato Salad  
15 Fruit  
3 Tossed Green Salad

### Thursday

31 Steak Strips w/ 1 oz roll  
OR 34 Meatball Sub  
20 Steamed Flavored Rice  
15 Pinto Beans  
10 Okra  
15 Fruit  
3 Tossed Green Salad

### "Fry"day

42 Fish Sandwich  
Or 42 BBQ Sandwich  
20 French Fries  
20 Baked Beans  
Lettuce/Tomato/Pickle  
5 Cole Slaw  
Tossed Green Salad  
15 Fruit

plain milk 13  
choc milk 20