

3 WEEK CYCLE MENU

Week One November 6

Monday

28 Toasted Ham & Cheese Sar
44 Chicken Filet Sandwich
20 French fries
Lettuce/Tomato/Pickle
5 Cole Slaw
Tossed Green Salad
Fruit

Tuesday

16 Chicken Tenders
Or 25 Mini Chef Salad
20 Mashed Potatoes
15 English Peas
Tossed Green Salad
16 Wheat Roll
Fruit

Week Two November 13

Monday

30 BBQ Pork Sliders
Or 22 Hot Dog
20 Tater Smiles
Carrot Stix w/ Dip
5 Cole Slaw
Pickles
Tossed Green Salad
Fruit

Tuesday

14 ChickenSmackers
20 Mashed Potatoes
6 Broccoli w/ Cheese
Tossed Green Salad
16 Wheat Roll
Fruit
34 Yogurt/Muffin Muchable

Week Three November 27

Monday

26 Corn Dog
Or 33 Cheeseburger
Fresh Carrot Sticks
20 Baked Beans
Broccoli Salad
Tossed Green Salad
Fruit

Taco Tuesday

30 Soft Chicken Taco
Or 27 Cowboy nachos
20 Refried Beans
20 Rice
Tossed Green Salad
Fruit
Cheese/Salsa.Sour Cream

Plain Milk 13 grams
Choc Milk 20 grams
Fruit Juice 30 grams

Ranch and Italian Dressing 2 grams
Honey mustard 7 grams
Honey French 9 grams

Fruits are 15 gm per 1/2 cup serving

Elementary Schools

CARB COUNT WINTER MENU

Wednesday

33 Cheeseburger w/ 23 baked
Or 25 Lasagna

20 Baked Beans
Lettuce/Tomato/Pickle
Fresh Baby Carrots
Tossed Green Salad
Fruit

Thursday

13 Hearty Bowl of Soup
35 PBJ Sandwich
Or 26 Grilled Cheese
Raw Veggies w/ dip
Fruit
8 Saltines
Tossed Green Salad

Friday

25 Turkey Pot Pie
Or 29 Pizza Quesadilla
Squash Casserole
Steamed Broccoli
Tossed Green Salad
Fruit
14 Frozen Juice Cup

Wednesday

15 Bowl of Chili
30 avg Sandwich
20 1/2 Baked Potato
Raw Veggies w/ dip
15 Fritos
cheese, sour cream
Tossed Green Salad
Fruit

Thursday

27 Beefy Nachos w/ cheese
Or 32 Grilled Chicken Sandwich
Lettuce/Tomato/Salsa
20 Refried Beans
20 Spanish Rice
Tossed Green salad
Fruit

Friday

8 Hamburger Steak w/16 roll
Or 39 Fish w/ Hushpuppies
20 Mac 'n Cheese
Green Beans
5 Cole Slaw
Tossed Green Salad
Fruit

Wednesday

30 Pizza
Or 36 Chicken Casserole
15 Corn
Steamed Carrots
Tossed Green Salad
14 Frozen Juice Cup
Fruit

Thursday

31 Steak Strips w/ gravy
2 Roasted Chicken w/ 1 oz WW roll 1
Turnip Greens
15 Pinto beans
20 mashed Potatoes
16 Whole Wheat Roll
Fruit
Tossed Green Salad

Friday

5 Sliced Turkey with Gravy
Or 41 Spaghetti w/ cheese breadstick
California Blend Vegetables
20 Oven Roasted Potatoes
Tossed Green Salad
Fruit