

**Elementary Lunch Menu
Carbohydrate Counts
October 14-18, 2013**

Mon - 10/14/2013	Portion Size	G Carb
Mandarin Orange Chkn w/Ve	3/4 cup	50.64
Brown Rice-Long Grain Reg	1/2 Cup	40.50
MANDARIN ORANGES	1/2 Cup	8.89
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

Tue - 10/15/2013	Portion Size	G Carb
Homemade Cheese Pizza	1/8 slice	*37.90
Homemade Pepperoni Pizza	1/8 slice	*37.55
Caesar Salad-Dressed	1 Cup	9.91
CARROT STICKS	1/4 CUP	2.10
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

Wed - 10/16/2013	Portion Size	G Carb
Tahoe Cheese Burger	1 Burger	42.48
Potato Tots	1/2 Cup	16.11
CARROT STICKS	1/4 CUP	2.10
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50
KETCHUP: individual	Pkt 6g	1.51

Thu - 10/17/2013	Portion Size	G Carb
Homemade Hawaiian Pizza	1/8 Slice	41.06
Caesar Salad-Dressed	1 Cup	9.91
CARROT STICKS	1/4 CUP	2.10
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

Fri - 10/18/2013	Portion Size	G Carb
Whole Grain Corn Dog	1 Corn Dog	33.00
Texas BBQ Baked Beans	1/2 Cup	35.00
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50
KETCHUP: individual	Pkt 6g	1.51

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for

and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.