

Elementary Lunch Menu
October 8-11, 2013
Elementary Lunch Carbohydrate Counts

Tue - 10/08/2013	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 - 10/09/2013	Portion Size	G Carb
Ham & Cheese Quiche	1 quiche	2.31
Cheese Quiche	1 quiche	1.95
Whole Wheat Pancakes	3 Pancakes	43.49
Breakfast Potatoes	1/2 Cup	21.53
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

Thu - 10/10/2013	Portion Size	G Carb
Famous Mac n Cheese K-5	3/4 Cup	33.06
BROCCOLI Fresh	1/2 Cup	2.11
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

Fri - 10/11/2013	Portion Size	G Carb
Tahoe Burger	1 Burger	42.12
Baked Fries	1/2 Cup	19.27
Caesar Salad-Dressed	1 Cup	9.91
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk-Elementary	8 oz	14.50

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.