

**Secondary Lunch-Traditional
Carbohydrate Counts
October 8-11, 2013**

Tue - 10/08/2013	Portion Size	G Carb
Homemade Cheese Pizza	1/8 slice	*37.90
Homemade Pepperoni Pizza	1/8 slice	*37.55
All Natural Beef Hot Dog	1 Hot Dog	31.00
Caesar Salad Bar 6-12	1 3/4 Cup	111.56
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
KETCHUP: individual	Pkt 6g	1.51
MAYONNAISE:individual PC	Pkt 7g	0.19

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
Sun Butter and Jelly Sndwich	2 Halves	67.99
Caesar Salad Bar 6-12	1 3/4 Cup	111.56
KETCHUP: individual	Pkt 6g	1.51
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62

Thu - 10/10/2013	Portion Size	G Carb
Famous Mac n Cheese 6-12	1 1/12 Cup	66.11
BROCCOLI Fresh	1/2 Cup	2.11
Tahoe Turkey Burger	1 Burger	42.80
Lettuce and Tomatoes	1 Each	0.31
Caesar Salad Bar 6-12	1 3/4 Cup	111.56
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00
KETCHUP: individual	Pkt 6g	1.51
MAYONNAISE:individual PC	Pkt 7g	0.19

Fri - 10/11/2013	Portion Size	G Carb
Tahoe Burger	1 Burger	42.12
VEGGIE BURGER	1 Burger	47.00
Baked Fries	1/2 Cup	19.27
Homemade Cheese Pizza	1/8 slice	*37.90
Homemade Pepperoni Pizza	1/8 slice	*37.55
Caesar Salad Bar 6-12	1 3/4 Cup	111.56
KETCHUP: individual	Pkt 6g	1.51
MAYONNAISE:individual PC	Pkt 7g	0.19
Fresh Fruit Assorted	1/2 Cup	13.81
100% FRUIT JUICE,ASSOR	4 fl.oz.	15.62
Milk Variety-low /nonfat	8 oz	14.50
Nonfat chocolate milk	1 Cup	20.00

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.