

Lunch-Traditional Elementary Carb Count-October 2019

Monday		Tuesday		Wednesday		Thursday		Friday			
		10/1/2019	CHICKEN TENDER BREADED WG-I	12	SANDWICH TURK/CHS ON HAMB B	28	SAUCE SPAGHETTI ENHANCED-DI	12	BEEF HAMBURGER SLIDERS - DD	28	
			VEG CARROTS FROZEN	6	VEG CORN FROZEN	15	CHICKEN MEATBALL-DD	6	CHEESE AMERICAN SL-DD	1	
			CELERY STICK 20LB	1	CUCUMBER SLI 1/4INCH 5LB	2	PASTA PENE WG GC	21	BAKED BEANS	49	
			DIP BUTTERMILK RANCH	2	DIP BUTTERMILK RANCH	2	PIZZA GARLIC FR BREAD WW-DD	6	POTATO WEDGE 8CUT SEASONED	18	
			SAUCE BBQ PKT 200CT	4	MUSTARD PKT 500CT	0	LETTUCE ROMAINE CHOP	1	BROCCOLI FLORETS FRESH	1	
			CRACKER GOLDFISH PRETZEL W/	16	MAYONNAISE PKT 500CT	0	DRESSING RANCH 12GM 204CT	0	CAULIFLOWER FRSH 6LB	1	
			PEAR SLICED EX LIGHT SYRP GC	15	APPLE SLICE FRSH BULK 20LB	9	DRESSING FRENCH 200CT	2	DIP BUTTERMILK RANCH	2	
			RAISELS SOUR LEMON	37	CARAMEL DIP .5OZ 180	8	BANANA TURN YELLOW LARGE	31	MUSTARD PKT 500CT	0	
			RAISELS SOUR WATERMELON	37					KETCHUP PKT LS NO FRUCTOSE-D	4	
									APPLESAUCE CAN	13	
10/7/2019	QUESADILLA CHEESE MINI WG-DD	31	BEEF PHILLY STK RED NA SEAS D	3	CHICKEN TERIYAKI UNBRD-DD(24C	7	CHICKEN LEG MOCK-DD	19	GYRO MEAT BEEF SLICES (124)	2	
	TACO MINI CHICKEN DD	31	CHEESE SAUCE CHEDDAR	2	BROWN RICE	22	MASHED POTATOES	15	BREAD FLAT 4' RND WG MINI 1OZ	13	
	BEAN PINTO TEXAS RANCHERO	20	BREAD HOAGIE WG BUN 24	28	VEGETABLE BLEND ORIENT FRZ6/4I	3	GRAVY BEEF	2	SAUCE TZTZIKI	1	
	SALSA MILD CAN -DD	5	VEGETABLE FAJITA MIX FRZ 24LB	2	CELERY STICK 20LB	1	VEG CINN AND SUGAR SWEET PC	33	VEG GREEN BEANS FROZEN	4	
	LETTUCE ROMAINE CHOP	1	POTATO BABY RSTD HERB AND P.	17	DIP BUTTERMILK RANCH	2	BREADSTICK 12 CT MINI 1OZ WG	14	TOMATO DICED FR 5LB	2	
	CARROT MATCH STICK SHRD 10LB	2	MAYONNAISE PKT 500CT	0	CRACKER GOLDFISH PRETZEL WC	16	MARGARINE 600/5GM	0	CUCUMBER SLI 1/4INCH 5LB	1	
	DRESSING RANCH 12GM 204CT	0	COLE SLAW CREAMY	27	PINEAPPLE TIDBITS IN JUICE CAN	11	CRUNCHY APPLE	21	KIWI FRUIT 117CT	10	
	DRESSING FRENCH 200CT	2	STRAWBERRY IQF FRZ	9	ICE CREAM CUP BUTTERSCOTCH	15			ORANGE FRESH 138CT	8	
	PEACH SL EXT LGT SYRUP CAN GC	14							BAR RICE CRISPY WG 100CT	16	
10/14/2019	PIZZA WEDGE TURK SAUS(96)-DD	28	CHICKEN WING BONE IN 34	2	EGG OMELET COLBY CHS-DD	1	CHICKEN & GRAVY	3	TURKEY TACO MEAT - DD	5	
	PIZZA WEDGE CHEESE (96)-DD	27	POTATO SWEET SAVRY FRY-DD	23	POTATO CHUNK ROASTED FRZ	30	MASHED POTATOES	15	TACO BOAT WG CORN 200CT	13	
	VEG CAULIFLOWER ROASTED	2	VEG CORN FROZEN	15	KETCHUP PKT LS NO FRUCTOSE-I	2	VEG BROCCOLI FROZEN	3	REFRIED BEANS	22	
	CARROT BABY FRESH 20LB	6	KETCHUP PKT LS NO FRUCTOSE-I	2	SYRUP DIET 100CT	5	BREAD PAN ROLL WG 24CT	13	SPANISH RICE	25	
	PEAR SLICED EX LIGHT SYRP GC	15	SAUCE BBQ PKT 200CT	4	SYRUP PANCAKE 80CT	40	MARGARINE 600/5GM	0	CHEESE CHEDDAR SHREDDED-DD	0	
			BREAD CORN LOAF WG BULK(1br	29	ORANGE FRESH 138CT	16	MANGO DICED FROZEN	5	LETTUCE SHREDDED 1/4IN CS	1	
			MARGARINE 600/5GM	0	JUICE FRZN CUP CHRY SIDEKICKS	22	BLUEBERRIES FRZN IQF	4	SALSA MILD CAN -DD	5	
			FRUIT COCKTAIL IN JUICE	16			BANANA TURN YELLOW LARGE	31	PEAR FRESH 120CT	21	
									BROWNIES CHOCOLATE FUDGE	26	
10/21/2019	CHICKEN TENDER BREADED WG-I	12	CALZONE BEEF PEPPERONI (80)	32	BEEF HOT DOG	2	CHICKEN DRUMSTICK MESQ GLZ	4	No Attendance		
	WAFFLE ROUND WG 144	11	SAUCE SPAGHETTI ENHANCED-DI	12	BRAT LINK 8X1 PRECOOKED	2	MACARONI&CHEESE RF RS WG-D	14			
	VEG CAPRI FROZEN	5	LETTUCE ROMAINE CHOP	1	BREAD HOT DOG WG BUN	27	SAUCE BBQ PKT 200CT	4			
	TOMATO GRAPE FRESH	3	DRESSING RANCH 12GM 204CT	0	BAKED BEANS	49	VEG GREEN BEANS FROZEN	4			
	SYRUP PANCAKE 80CT	40	DRESSING FRENCH 200CT	2	PEA SUGAR SNAP FRESH 10 LB	1	CARROT BABY RAINBOW FRSH 2C	8			
	SYRUP DIET 100CT	5	KIWI FRUIT 117CT	10	KETCHUP PKT LS NO FRUCTOSE-I	4	BREAD CORN LOAF WG BULK(1br	29			
	SAUCE BBQ PKT 200CT	4	BLUEBERRIES FRZN IQF	8	MUSTARD PKT 500CT	0	MARGARINE 600/5GM	0			
	CRAISINS RASPLEMNADE PKT 200	27	JONNY POP TRIPBRRY FR TREAT	11	BEAN GARBONZO FLAVORD PIZZ F	12	APPLE CRISPS-STAW FLV CHIPS	10			
	TROPICAL FRUIT IN JUICE	17			GRAPE RED 18LB BULK 100CT	14					
10/28/2019	No Attendance		PIZZA DIPPER MOZZ 100%-DD	32	SANDWICH TURK HAM/CHS	30	MEAT SAUCE	7	MILK CHO COUNT IN GRAMS (gm) PER 8 OZ. CARTON:		
			SAUCE SPAGHETTI ENHANCED-DI	12	POTATO WEDGE 8CUT SEASONED	18	PASTA PENE WG GC	21			
			VEG PEAS FROZEN	13	CUCUMBER SLI 1/4INCH 5LB	2	PIZZA GARLIC FR BREAD WW-DD	6			
			PEA SUGAR SNAP FRESH 10 LB	1	DIP BUTTERMILK RANCH	2	LETTUCE ROMAINE CHOP	1			
			DIP BUTTERMILK RANCH	2	MUSTARD PKT 500CT	0	DRESSING RANCH 12GM 204CT	0			
			RAISELS SOUR LEMON	37	KETCHUP PKT LS NO FRUCTOSE-I	2	DRESSING FRENCH 200CT	2			
			RAISELS SOUR WATERMELON	37	MAYONNAISE PKT 500CT	0	BANANA TURN YELLOW LARGE	31			
			PEAR SLICED EX LIGHT SYRP GC	15	APPLE SLICE FRSH BULK 20LB	9					
					CARAMEL DIP .5OZ 180	8					
		10/29/2019			10/30/2019			10/31/2019	EVERYDAY		
									Skim Milk		11
									1% White Milk		11
									FF Lactose-Free White Milk		13
									Chocolate Fat Free Milk		20
JLD 1/9/2017											

"This institution is an equal opportunity provider."