

Elementary Carb Menu		** Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily						Dec-17	
CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	1	
								Grilled Cheese Sandwich	31
								Crisp Pickle Spear	0
								Fresh Veggie Cup	3
								Ranch Dressing Cup	4
								juice	16
								Assorted 1% or FF Milks	13
								Chocolate Milk	23
4	CHO	5	CHO	6	CHO	7	CHO	8	
NEW!!! Crispy Breaded Chicken Drumstick	5	Bosco Stuffed Crust Pizza	34	Popcorn Chicken, 10 pc	20	NEW!!! Walking Taco Seasoned beef, Tortilla Chips, Cheddar Cheese, Shredded Lettuce	31	apple cinnamon texas toast	45
Creamy Mac & Cheese	24	Cheese, Pepperoni or Veggie	1	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4			Perdue Turkey Sausage Link, 2 pc	0
Ranch Dressing Cup	4	The "Baby Green Salad", Romaine & Spinach Blend, w/Edamame	13						
carrots	8	Ranch Dressing Cup	4	Sonoma veggies	6	salsa	4	hash brown cubes	25
100% Fruit Juice	19	apple and grape giggles	9	rice krispy treat	30	Santa Fe Blend Vegetables	12	100% Fruit Juice	16
ranch	4			cinnamon apple sauce	14				
						Fresh Apple Slices	7		
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13						
Chocolate Milk	23	Chocolate Milk	23	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
				Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23
11	CHO	12	CHO	13	CHO	14	CHO	15	
rotini pasta w/ meat sauce	25	Big Daddy Pizza	34	SUPER SAMPLER!!!!		6 Jenny-Lin's Submarine Sandwich Ham, Turkey, Salami, Cheese, Shredded Lettuce		NEW !Eggo maple mini waffles	35
garlic bread	14.5	Cheese, Pepperoni or Veggie	1	4!!! - Boneless Chicken Wings	12	on a Fresh Bakery Bun	30	2- Hash Brown Squares	29
		Dominos Cheese & pep pizza	29			Creamy Cole Slaw	3		
		The "Big Antipasto Salad"							
baby carrots	8	12 oz cup Romaine & Spinach Blend, Ham, Salami, Mozzarella Cheese, 2 sliced Cuke, 1 Grape Tomato	4	2!!! - Breaded Mozzarella Cheese Sticks	12	Ranch or Italian Dressing	4,1	hash brown cubes	25
parm cheese packet	0	Ranch Dressing	4	Ranch Dressing Cup	4			yogurt	14
		apple slices	7	celery sticks	1	Pop chips	19		
		Dominos Cheese & pep pizza	29	scooby snacks	21				
Luigi lemon ice	19	Assorted 1% or FF Milks	13	apple sauce up	14	juice	16	canned pineapple	17
Assorted 1% or FF Milks	13	Chocolate Milk	23	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
Chocolate Milk	23			Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23
18	CHO	19	CHO	20	CHO	21	CHO	22	
Chicken Nuggets (5)	12	Bosco Stuffed Crust Pizza	34	Popcorn Chicken, 10 pc	20	2-Classic Cheese Bosco Breadsticks	30	NEW !Eggo maple pancakes	35
1-BBQ Sauce, 2-Ketchup or Ranch	8,4,4	Cheese, Pepperoni or Veggie	1	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	Pizza Dipping Sauce	15	Hash Brown Squares (2)	29
		Dominos Cheese & pep pizza	29			Snow man shape ups	19		
Tator Tots	27	Fresh Veggie Cup		asst bread choice	20-26	baby carrots	8		
gingerbread cookie-1oz small	19	Tomato, Cucumber, Broccoli	4	Plain or Cheesy Broccoli Cuts	4,6		28	Turkey Sausage Link, 2 pc or	0
		Ranch Dressing Cup	4	cinnamon apple sauce	14	Assorted 1% or FF Milks	13	100% Fruit Juice	16
diced peaches	14	apple slices	7	Assorted 1% or FF Milks	13	Chocolate Milk	23	Assorted 1% or FF Milks	13
				Chocolate Milk	23			Chocolate Milk	23
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13						
Chocolate Milk	23	Chocolate Milk	23						

DISCLAIMER: The following carbohydrate list for the 2017-18 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors, nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content. The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels.

Questions regarding this list and disclaimer may be addressed to Robert Brady, Director of Food and Nutrition Services, 586-797-1189