

# Elementary Carb Menu

**\*\* Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily**

**Jan-18**

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8	9	10
		Popcorn chicken	20	cheeseburger	23	Eggo choc chip french toast	35		
		Snowman pretzel	30	emoji fries	20	turkey sausage	1		
no school	no school	spring blend veggies	2.66	amazon' raisins	25	seasoned potatoe cubes	18		
		ketchup, BBQ & ranch	2,8,9	greend salad, edamame, or carrots	1,10,8	strawberry yogurt	15		
		applesauce	14	ketchup & mustard	2, 0	asst juice	15-17		
		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		
<b>8</b>	<b>CHO</b>	<b>9</b>	<b>CHO</b>	<b>10</b>	<b>CHO</b>	<b>11</b>	<b>CHO</b>	<b>12</b>	<b>CHO</b>
chicken tenders	16	personal pizza	35	Popcorn Chicken, 10 pc	20	Walking taco-Beef taco meat	5	grilled cheese	31
soft pretzel rod	14	Cheese, Pepperoni or Veggie	1,2	fried rice	54.99	nacho chips	28	tater tots	14
baby carrots	8	Dominos cheese & pep pizza	29	fortune cookie	4	shredded cheese & lettuce	0,2	pickle	0
applesauce	14	greend salad, edamame, or carrots	1,10,8	orange pineapple sorbet	20	refried beans	14.8	applesauce	14
ranch, bbq & ketchup	2,8,2	house salad	4	greend salad, edamame, or carrots	1,10,8	greend salad, edamame, or carrots	1,10,8	greend salad, edamame, or carrots	1,10,8
100% Fruit Juice	15	apple slices	7	applesauce	14	salsa	3	100% Fruit Juice	15
greend salad, edamame, or carrots	1,10,8	Ranch Dressing Cup	9	sweet & sour pc	11	applesauce	14		
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	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	Chocolate Milk	23
<b>15</b>	<b>CHO</b>	<b>16</b>	<b>CHO</b>	<b>17</b>	<b>CHO</b>	<b>18</b>	<b>CHO</b>	<b>19</b>	<b>CHO</b>
		Bosco stuffed crust pizza: chs, pep, veg	34-35	Popcorn chicken	20	beef hot dog & bun	12	apple cinnamon texas toast	45
		Dominos cheese & pep pizza	29	cheez-it crackers	14	cucumbers	1.9	turkey sausage	1
No school		house salad	4	sonoma blend veggies	3.98	baked beans	29	potato cubes	18
		green salad, edamame, or carrots	1,10,8	Ranch Dressing & BBQ Cup, Italian dressing	2, 8,3	ranch, mustard & ketchup	9,0,2	pears	16
		Ranch or Italian Dressing	4,1	green salad, edamame, or carrots	1,10,8	asst juice	15-17	applesauce	14
		apple & grape giggles	10	applesauce	14	applesauce	14	greend salad, edamame, or carrots	1,10,8
		applesauce	14			greend salad, edamame, or carrots	1,10,8		
		Assorted 1% or FF Milks	13	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
<b>22</b>	<b>CHO</b>	<b>23</b>	<b>CHO</b>	<b>24</b>	<b>CHO</b>	<b>25</b>	<b>CHO</b>	<b>26</b>	<b>CHO</b>
rotini w/ meat sauce	24	Big daddy's pizza	34	boneless wings-4	10.18				
rice krispy treat	30	Cheese, Pepperoni or Veggie	1,2	mozzarella sticks	12.4				
Tator Tots	27	Dominos cheese & pep pizza	29	apple slices	7	No lunch		No lunch	
Assorted Cereal Pouches	21	watermelon sorbet	20	cheez-its	14				
green salad, edamame, or carrots	1,10,8	ranch, italian dressing	9,3	celery sticks	2.21				
applesauce	14	green salad, edamame, or carrots	1,10,8	green salad, edamame, or carrots	1,10,8				
ranch	9	applesauce	14	ketchup, ranch, bbq	2,9,8				
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				
<b>29</b>	<b>CHO</b>	<b>30</b>	<b>CHO</b>	<b>31</b>	<b>CHO</b>	<p><b>DISCLAIMER:</b> 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 Mandy Sosnowski, Director of Food and Nutrition Services, 586-797-1180</p>			
Bosco sticks	32	Bosco stuffed crust pizza: chs, pep, veg	34,35	popcorn chicken	20				
mainara cups	7	Dominos cheese & pep pizza	29	Despicable me grahams	21				
parisian carrots	8	veggie cup	15	cheezy green beans, green beans	7,9, 6				
applesauce	14	apple slices	7	banana	27				
green salad, edamame, or carrots	1,10,8	Applesauce Cup	14	ketchup, bbq, ranch	2,8,9				
		green salad, edamame, or carrots	1,10,8	green salad, edamame, or carrots	1,10,8				
		Assorted 1% or FF Milks	13	applesauce	14				
		Chocolate Milk	23	Assorted 1% or FF Milks	13				
				Chocolate Milk	23				