

Elementary Carb Menu

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

Feb-18

Monday		Tuesday		Wednesday		Thursday		Friday		
						1		2		
							chicken nuggets, bug bites	13,21	Eggo blueberry pancakes	35
							pears	16	turkey sausage	1
							baked beans	29	seasoned potatoe cubes	18
							greend salad, edamame, or carrots	1,10,8		
							ketchup & mustard	2, 0	asst juice	15-17
							Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
							Chocolate Milk	23	Chocolate Milk	23
5	CHO	6	CHO	7	CHO	8	CHO	9	CHO	CHO
rotini w/ meat sauce	24	Big daddy's pizza	34	Popcorn Chicken, 10 pc	20	Walking taco-Beef taco meat	5	Eggo choc chip french toast	35	
rice krispy treat	30	Cheese, Pepperoni or Veggie	1,2	cheezits	14	nacho chips	28	turkey sausage	1	
carrot & celery	8	Dominos cheese & pep pizza	29	spring blend veggies	4	shredded cheese & lettuce	0,2	seasoned potatoe cubes	18	
applesauce	14	greend salad, edamame, or carrots	1,10,8	lime sorbet	19	refried beans	14,8	strawberry yogurt	15	
ranch, bbq & ketchup	2,8,2	big antipasto 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	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	
12	CHO	13	CHO	14	CHO	15	CHO	16	CHO	CHO
chicken tenders	16	personal pizza	35	Popcorn chicken	20	cheeseburger, hamburger	23,22	grilled cheese	31	
heart soft pretzel	30	Dominos cheese & pep pizza	29	fried rice	54.99	emoji fires	20	baked beans	29	
applesauce	14	house salad	4	fortune cookie	4	amazn raisins	25	pickle	0	
		green salad, edamame, or carrots	1,10,8	celery sticks	2	ranch, mustard & ketchup	9,0,2	juice	15-17	
		Ranch or Italian Dressing	4,1	green salad, edamame, or carrots	1,10,8			applesauce	14	
green salad, edamame, or carrots	1,10,8			sweet & sour pc	11	applesauce	14	greend salad, edamame, or carrots	1,10,8	
ketchup, ranch, bbq	2,9,8	applesauce	14	heart cherry slushie	19	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	Assorted 1% or FF Milks	13	
Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	
19	CHO	20	CHO	21	CHO	22	CHO	23	CHO	CHO
no school		no school		no school		no school		no school		
26	CHO	27	CHO	28	CHO					
pizza crunchers	40	big daddy pizza: chs, pep, veg	35	4 boneless wings	10	<p>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 Mandy Sosnowski, Director of Food and Nutrition Services, 586-797-1180</p>				
peach cup	15	Dominos cheese & pep pizza	29	2 mozzarella cheese sticks	12					
		big antipasto salad	4,42	cheezits	14					
		lime sorbet	19	apple slices	7					
applesauce	14	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	green salad, edamame, or carrots	1,10,8					
				celery sticks	2					
		Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13					
		Chocolate Milk	23	Chocolate Milk	23					