

Elementary Carb
Menu

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

June 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	CHO	2	CHO
						Walking Taco		Cinnamon Glazed Pancakes	35
						Seasoned Chicken, Tortilla Chips, Cheddar Cheese, Shredded Lettuce	31	Crispy Potato Cubes	25
						Mild Salsa	4	Mild Salsa	4
						Santa Fe Blend Vegetables	12	Danimals Yogurt	16
						Fresh Apple Slices	7	100% Fruit Juice	15
						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
Chicken Tenders (3)	15	Personal Pan Pizza, Cheese	39	Popcorn Chicken, 10 pc	20	Classic Cheese Bosco Breadsticks (2)	30	Assorted Pancakes Day!!!	38
BBQ Sauce, Ketchup, or Ranch	8,4,4	Pepperoni, Veggie	0,1	BBQ Sauce, Ketchup, or Ranch	8,4,4	Pizza Dipping Sauce	15	Assorted Potatoes	31
Assorted Vegetables (Frozen, Carrot Bag, Potatoes)	10,8,31	Fresh Baby Carrots	8	Assorted Vegetables (Frozen, Carrot Bag, Potatoes)	10,8,31	The "Fresh Baby Green Salad"		Turkey Sausage Links (2)	0
Assorted Bread	38	Ranch Dressing	4	Assorted Bread	38	Romaine & Spinach Blend		String Cheese Stick (1)	1
						w/Edamame	13		
						Ranch or Italian Dressing	4,1		
SideKicks Fruit Slushie	22	Applesauce Cup	22	Fresh Banana	27	Apple & Grape Giggles	10	Assorted Fruit (Fruit Cup, 100% Fruit Juice)	18,15
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			
Assorted Pizza Day!		Cook's Choice	33	Cook's Choice	33				
Cheese Pizza Pepperoni, Veggie	36 0,1								
Assorted Vegetables (Frozen, Carrot Bag, Potatoes)	10,8,31	Assorted Vegetables (Frozen, Carrot Bag, Potatoes)	10,8,31	Assorted Vegetables (Frozen, Carrot Bag, Potatoes)	10,8,31				
		Assorted Bread	38	Assorted Bread	38	Last Day of School			
Assorted Fruit (Fruit Cup, 100% Fruit Juice)	18,15	Assorted Fruit (Fruit Cup, 100% Fruit Juice)	18,15	Assorted Fruit (Fruit Cup, 100% Fruit Juice)	18,15	Happy Summer!!			
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				

DISCLAIMER: The following carbohydrate list for the 2016-17 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, 586-797-1180

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