

## Carb Count Menu

### 4 Day Sandy Valley Elementary Lunch

Carbs (g)

Thu - 03/01/2018	
4-Day Sandy Valley Elem	
Pizza, Pepperoni Nardones ISM	28
Veggie Burger w/Taters ISM	54
KETCHUP PACKET	2
MUSTARD PACKET	-
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
4-Day Sandy Valley Elem	
BBQ Rib Sandwich ISM/SISM	36
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 1/2 cup	5
CORN 1/2c	16
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
4-Day Sandy Valley Elem	
Grab n Go Lunch Box ISM	29
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Wed - 03/07/2018	
4-Day Sandy Valley Elem	
Teriyaki Chicken Sliders	38
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Fiesta Beans 1/2 cup	20
GREEN PEAS 1/2 cup	11
Fruit Cup, Mandarin Orange (C)	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
4-Day Sandy Valley Elem	
Pizza, Cheese Nardones ISM	30
Veggie Burger w/Taters ISM	54
KETCHUP PACKET	2
MUSTARD PACKET	-
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
4-Day Sandy Valley Elem	
Chicken Nuggets 5 piece (ISM)	16
POTATO, SMILES, 1/2 CUP	20
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
Fruit Cup, Applesauce	13
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	
4-Day Sandy Valley Elem	
CHICKEN GORDITA	24
Taco Sauce Packet	1
GRILLED CHEESE SANDWICH 15-16	30
CORN 1/2c	16
CAMPFIRE BEANS 1/2 CUP	30
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/14/2018	
4-Day Sandy Valley Elem	
CHICKEN DRUMK, BREADED (ISM)	5
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
Fruit Cup, Pineapple (C)	15
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
4-Day Sandy Valley Elem	
Pizza, Pepperoni Nardones ISM	28
Veggie Burger w/Taters ISM	54
KETCHUP PACKET	2
MUSTARD PACKET	-
GREEN SALAD WITH TOMATO	4
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit, Oranges Wedges, Bagged	17
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
4-Day Sandy Valley Elem	
BBQ Chix Patty Sandwich (ISM)	35
POTATO, DELI ROASTERS 1/2 CUP	25
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
Fiesta Beans 1/2 cup	20
GREEN PEAS 1/2 cup	11
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
4-Day Sandy Valley Elem	
Cheeseburger Sliders	30
GRILLED CHEESE SANDWICH 15-16	30
Celery 1cup 16-17	3
RANCH DRESSING	1
MANDARIN ORANGES, CANNED	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
4-Day Sandy Valley Elem	
Meatball/Marinara/Pot Wedges	31
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CARROTS,RAW,BABY	9
Fruit Cup, Pineapple (C)	15
CHEESY BREADSTICK	15

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
4-Day Sandy Valley Elem	
Pizza, Cheese Nardones ISM	30
Veggie Burger w/Taters ISM	54
KETCHUP PACKET	2
MUSTARD PACKET	-
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit, Oranges Wedges, Bagged	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20