

## Carb Count Menu

| ES & MS ISM                    | Carbs (g) |
|--------------------------------|-----------|
| Thu - 03/01/2018               |           |
| ES & MS ISM                    |           |
| Pizza, Pepperoni Nardones ISM  | 28        |
| GRILLED CHEESE SANDWICH 15-16  | 30        |
| GREEN SALAD WITH TOMATO        | 4         |
| RANCH DRESSING                 | 1         |
| APPLE SLICES, FRESH, 2 OZ INDV | 8         |
| Milk - White 1%                | 13        |
| GOLDFISH CRACKERS, CHEDDAR     | 14        |
| Milk - Chocolate, Nonfat       | 20        |
|                                |           |
| Fri - 03/02/2018               |           |
| ES & MS ISM                    |           |
| Teriyaki Chicken w/Rice ISM    | 30        |
| BURRITO, BEAN & CHEESE 5.2 OZ  | 41        |
| Salsa Cup 3oz                  | 6         |
| Taco Sauce Packet              | 1         |
| CARROTS,RAW,BABY               | 9         |
| RANCH DRESSING                 | 1         |
| Fruit Cup, Pineapple (C)       | 15        |
| Milk - White 1%                | 13        |
| Milk - Chocolate, Nonfat       | 20        |
|                                |           |
| Mon - 03/05/2018               |           |
| ES & MS ISM                    |           |
| 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               |    |
| ES & MS ISM                    |    |
| 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               |    |
| ES & MS ISM                    |    |
| 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               |    |
| ES & MS ISM                    |    |
| Pizza, Cheese Nardones ISM     | 30 |
| GRILLED CHEESE SANDWICH 15-16  | 30 |
| GREEN SALAD WITH TOMATO        | 4  |
| RANCH DRESSING                 | 1  |
| APPLE SLICES, FRESH, 2 OZ INDV | 8  |

|                               |    |
|-------------------------------|----|
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Fri - 03/09/2018              |    |
| ES & MS ISM                   |    |
| CHICKN FIL SANDWICH (ISM)     | 43 |
| GREEN BEANS, BREADED          | 22 |
| KETCHUP PACKET                | 2  |
| BBQ Sauce, Heinz Packet       | 4  |
| BURRITO, BEAN & CHEESE 5.2 OZ | 41 |
| Taco Sauce Packet             | 1  |
| Salsa Cup 3oz                 | 6  |
| Celery 1cup 16-17             | 3  |
| RANCH DRESSING                | 1  |
| Fruit Cup, Pear (USDA)        | 17 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Mon - 03/12/2018              |    |
| ES & MS ISM                   |    |
| 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              |    |

|                               |    |
|-------------------------------|----|
| ES & MS ISM                   |    |
| 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              |    |
| ES & MS ISM                   |    |
| CHICKEN DRUMK, BREADED (ISM)  | 5  |
| BURRITO, BEAN & CHEESE 5.2 OZ | 41 |
| Salsa Cup 3oz                 | 6  |
| Taco Sauce Packet             | 1  |
| CARROTS,RAW,BABY              | 9  |
| PINEAPPLE TIDBITS             | 18 |
| GOLDFISH CRACKERS, CHEDDAR    | 14 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Thu - 03/15/2018              |    |
| ES & MS ISM                   |    |
| Pizza, Pepperoni Nardones ISM | 28 |
| GRILLED CHEESE SANDWICH 15-16 | 30 |
| GREEN SALAD WITH TOMATO       | 4  |
| RANCH DRESSING                | 1  |
| Fruit Cup, Mixed (USDA)       | 21 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Fri - 03/16/2018              |    |

|                                |    |
|--------------------------------|----|
| ES & MS ISM                    |    |
| Meatloaf w/Gravy&Mash P (ISM)  | 23 |
| Roll, Dinner (ISM/SISM)        | 13 |
| BURRITO, BEAN & CHEESE 5.2 OZ  | 41 |
| Salsa Cup 3oz                  | 6  |
| Taco Sauce Packet              | 1  |
| Celery 1cup 16-17              | 3  |
| RANCH DRESSING                 | 1  |
| APPLE SLICES, FRESH, 2 OZ INDV | 8  |
| COOKIE, SUGAR                  | 24 |
| Milk - White 1%                | 13 |
| Milk - Chocolate, Nonfat       | 20 |
|                                |    |
| Mon - 03/19/2018               |    |
| ES & MS ISM                    |    |
| 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               |    |
| ES & MS ISM                    |    |
| Cheeseburger Sliders           | 30 |
| GRILLED CHEESE SANDWICH 15-16  | 30 |
| Celery 1cup 16-17              | 3  |

|                               |    |
|-------------------------------|----|
| RANCH DRESSING                | 1  |
| MANDARIN ORANGES, CANNED      | 17 |
| Yogurt, Greek                 | 14 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Wed - 03/21/2018              |    |
| ES & MS ISM                   |    |
| 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              |    |
| ES & MS ISM                   |    |
| Pizza, Cheese Nardones ISM    | 30 |
| GRILLED CHEESE SANDWICH 15-16 | 30 |
| GREEN SALAD WITH TOMATO       | 4  |
| RANCH DRESSING                | 1  |
| Fruit Cup, Pear (USDA)        | 17 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |
|                               |    |
| Fri - 03/23/2018              |    |
| ES & MS ISM                   |    |
| Chicken Tenders 3 piece (ISM) | 14 |
| GREEN BEANS, BREADED          | 22 |
| BURRITO, BEAN & CHEESE 5.2 OZ | 41 |

|                               |    |
|-------------------------------|----|
| Salsa Cup 3oz                 | 6  |
| Taco Sauce Packet             | 1  |
| Juice, Veg Juice Blend 6.75oz | 23 |
| CRAISINS                      | 28 |
| Milk - White 1%               | 13 |
| Milk - Chocolate, Nonfat      | 20 |