

Carb Count Menu

4 Day ES Lunch

Carbs (g)

Tue - 05/01/2018	
4 Day ES Lunch	
HOT DOG ON BUN, TURKEY, ISM	30
POTATO WEDGES, 15-16 1/2 CUP	20
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
4 Day ES Lunch	
Teriyaki Chicken Sliders	38
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 1/2 cup	5
POTATO, TATER TOTS 1/2 cup	13
Fruit Cup, Pear (USDA)	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
4 Day ES Lunch	
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
Mon - 05/07/2018	
4 Day ES Lunch	
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 - 05/08/2018	
4 Day ES Lunch	
Grab n Go Lunch Box ISM	43
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
4 Day ES Lunch	
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 - 05/10/2018	
4 Day ES Lunch	
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
Mon - 05/14/2018	
4 Day ES Lunch	
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 - 05/15/2018	
4 Day ES Lunch	
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 - 05/16/2018	
4 Day ES Lunch	
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 - 05/17/2018	
4 Day ES Lunch	
Pizza, Pepperoni Nardones ISM	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit Cup, Mixed (USDA)	21
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
4 Day ES Lunch	
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
Celery 1cup 16-17	3
RANCH DRESSING	1
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
4 Day ES Lunch	
Cheeseburger Sliders	30
GRILLED CHEESE SANDWICH 15-16	30
Fiesta Beans 1/2 cup	20
GREEN PEAS 1/2 cup	11
MANDARIN ORANGES, CANNED	17
Yogurt, Greek	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/23/2018	
4 Day ES Lunch	
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 - 05/24/2018	
4 Day ES Lunch	
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