

Carb Count Menu

ES Dish Up	Carbs (g)
Tue - 05/01/2018	
ES DISH UP	
CHEESEBURGER SLIDERS-INTEGRATE	28
GRILLED CHEESE SANDWICH 15-16	30
CAMPFIRE BEANS 1/2 CUP	30
GREEN PEAS 1/4 cup	6
CARROT COINS 1/4c	6
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
ES DISH UP	
CHICKN FIL SANDWICH (Sec)	43
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
RANCH DRESSING	1
Fruit Cup, Peach (USDA)	20
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
ES DISH UP	
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 - 05/04/2018	

ES DISH UP	
Pulled Pork Sandwich	38
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CELERY STICKS	4
RANCH DRESSING	1
Fruit Cup, Pineapple (C)	15
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/07/2018	
ES DISH UP	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATO, BAKED FRIES 1/2c	14
CARROT COINS 1/2c	6
Fruit Cup, Pineapple (C)	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
ES DISH UP	
Pulled Pork Sandwich	38
BBQ Sauce, Heinz Packet	4
GRILLED CHEESE SANDWICH 15-16	30
Fiesta Beans 3/4 cup	30
Fruit Cup, Applesauce	13
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	

ES DISH UP	
PIZZA POCKET, TURKEY PEP 17-18	32
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN BEANS 1/2 cup	5
POTATOES, MASHED 1/2 CUP	13
CRAISINS	28
COOKIE, CELEBRATION	24
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
ES DISH UP	
Pizza, Pepperoni Nardones DU	28
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit, Mixed Fruit, Canned	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 05/11/2018	
ES DISH UP	
Chicken Tenders 3 piece (Sec)	14
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN PEAS 1/4 cup	6
CARROT COINS 1/2c	6
APPLE SLICES, FRESH, 2 OZ INDV	8
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/14/2018	
ES DISH UP	

Chicken Nuggets 8 piece (SEC)	26
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
POTATO, BAKED FRIES 1/2c	14
Fiesta Beans 1/2 cup	20
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
ES DISH UP	
Cheeseburger Dish Up	30
KETCHUP PACKET	2
MUSTARD PACKET	-
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9
RANCH DRESSING	1
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
ES DISH UP	
HOT HAM & CHEESE SANDWICH	32
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
GREEN PEAS 1/4 cup	6
CARROT COINS 1/2c	6
Fruit, Pineapple, Canned	22
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/17/2018	
ES DISH UP	

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 - 05/18/2018	
ES DISH UP	
Chicken Parm Sandwich Sec/DU	49
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CELERY STICKS	4
RANCH DRESSING	1
CRAISINS	28
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
ES DISH UP	
CHICKEN DRUMK, BREADED (ISM)	5
Roll, Dinner (Sec/DU Grab n' G	19
BURRITO, BEAN & CHEESE 5.2 OZ	41
POTATOES, MASHED 1/2 CUP	13
CAMPFIRE BEANS 1/2 CUP	30
RAISELS - ALL FLAVORS	36
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
ES DISH UP	
Chicken Tenders 3 piece (Sec)	14
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
GRILLED CHEESE SANDWICH 15-16	30
CARROTS,RAW,BABY	9

RANCH DRESSING	1
Fruit, Pineapple, Canned	22
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/23/2018	
ES DISH UP	
HAMBURGER ON A BUN, Sec/DU	29
KETCHUP PACKET	2
MUSTARD PACKET	-
Mayonnaise Packet	1
BURRITO, BEAN & CHEESE 5.2 OZ	41
GREEN BEANS 3/4 cup	7
Fruit, Peaches, Canned	14
GOLDFISH CRACKERS, CHEDDAR	14
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/24/2018	
ES DISH UP	
Pizza, Pepperoni Nardones DU	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
Milk - Chocolate, Nonfat	20
Fri - 05/25/2018	
ES DISH UP	
Chicken, Popcorn (12 PC)	15
KETCHUP PACKET	2
BBQ Sauce, Heinz Packet	4
BURRITO, BEAN & CHEESE 5.2 OZ	41
CARROT COINS 3/4c	8
Fruit, Mixed Fruit, Canned	15
ELF GRAHAMS CRACKERS	21
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	
ES DISH UP	
Teriyaki Chicken Sliders	38
GRILLED CHEESE SANDWICH 15-16	30
POTATO, TATER TOTS 3/4 cup	20
Fruit, Pears, Canned	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/30/2018	
ES DISH UP	
CHICKN FIL SANDWICH (Sec)	43
KETCHUP PACKET	2
MUSTARD PACKET	-
BURRITO, BEAN & CHEESE 5.2 OZ	41
Salsa Cup 3oz	6
Taco Sauce Packet	1
CAMPFIRE BEANS 1/2 CUP	30
CARROT COINS 3/4c	8
Fruit Cup, Mandarin Orange (C)	17
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/31/2018	
ES DISH UP	
Pizza, Cheese Nardones DU	30
GRILLED CHEESE SANDWICH 15-16	30
GREEN SALAD WITH TOMATO	4
RANCH DRESSING	1
Fruit, Mixed Fruit, Canned	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20