

CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU
MARCH 2025

NATIONAL SCHOOL BREAKFAST WEEK
 (MARCH 3-7). GIVE THE SCHOOL
 BREAKFAST A TRY & BREAKFAST IS FREE
 FOR 2024/2025 SCHOOL CALENDAR

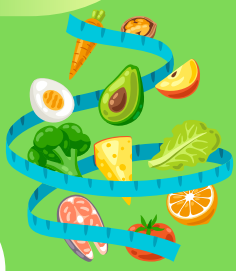
Monday Tuesday Wednesday Thursday Friday

- Alternate Lunch Options Offered Daily:**
- Charcuterie Lunch w/Crackers 33g**
 - Whole Wheat Bagel 28g**
Cereal 21-24g
 - Low Fat Fruited Yogurt 19g**
Cheese Stick 1g
 - Yogurt Parfait w/ Homemade Granola 74g**
 - Chef Salad w/Crackers 31g**
 - Sunbutter w/ Jelly on Whole Wheat Bread 52g**
or
 - Deli Bar**
 - Choices**
Ham, Turkey 2g
Salami/Pepperoni 1g
American, Provolone or Pepper Jack Cheese 1g
 - Whole Wheat 25g**
10 Inch Wrap 34g
Kaiser Roll 27g
Ciabatta Roll 30g

Bosco Sticks ³ 30g w/Marinara Sauce 6g Broccoli Florets 6g	Grilled Cheese ⁴ 27g Tomato Soup 10g "Local" Rainbow Carrots 3g w/Dip 2g	Early Dismissal ⁵ Baked Chicken Patty on Whole Grain Bun 42g Oven Baked Potato Fries 15g	⁶ Cheeser Quesadilla 39g w/Salsa Golden Corn 15g	⁷ Pizzeria Style Pizza 29g Caesar Salad 8g
¹⁰ Hamburger 0g or Cheeseburger 1g on Whole Grain Bun 27g Oven Baked Sweet Potato Fries 15g	¹¹ Pasta w/Meatballs + Sauce 58g Tossed Salad 3g	¹² French Toast Sticks 38g Syrup 18g Sausage Patties 28g Oven Baked Potato Fries 15g	¹³ Late Opening - 2 Hrs Chicken Tenders 14g Whole Grain Dinner Roll 15g Diced Carrots 6g	¹⁴ Personal Pizza 29g Tossed Salad made w/Local Hydroponic Lettuce 4g



Ethnic Dishes Connect Us - Diversity in Cuisine will be celebrated the week of 24th




All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas 15g, Orange 15g, Apples & Pears 15-25g, 1/2C of Peaches, Grapes, Mixed Fruit 15g, Unsweetened Apple Sauce 12g, 1/2C of Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery, Cucumbers 3g
 Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g

Grams of Carbohydrates are in Red

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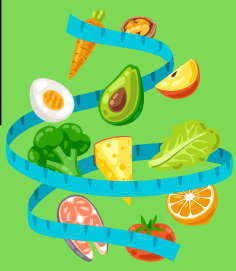
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<p>Happy St. Patrick's Day 17</p> <p>Shamrock Nuggets 16g Dublin Dinner Roll 16g Emerald Broccoli 6g</p> 	<p>Egg + Cheese 1g 18</p> <p>Whole Grain Croissant 29g Oven Baked Sweet Potato Fries 15g</p>	<p>Land O'Lakes Macaroni + Cheese 31g 19</p> <p>Homemade Zucchini Fries 10g</p>	<p> 20</p> <p>"Hoppy Spring" Popcorn Chicken 20g Buttermilk Biscuit 16g Garden Green Beans 5g Bunny Grahams 25g</p>	<p>21</p> <p>Pizza Bagel 33g Kale Salad 10g</p>
<p>24</p> <p>Polish Pierogies 48g w/Sour Cream Roasted Butternut Squash 21g</p> 	<p>Mexican Tacos 18g 25</p> <p>Seasoned Beef 4g Cheese, Lettuce, Tomato Mexican Street Corn 18g</p> 	<p>26</p> <p>Asian Chicken Orange Chicken 19g Brown Rice 36g Broccoli Florets 6g</p> 	<p> 27</p> <p>Opening Day of Baseball All American Hot Dog 2g on Whole Grain Roll 25g Baked Beans 29g Get Your "Popcorn" Here 9g</p> 	<p>28</p> <p>Italian Pizza 29-35g Tossed Salad 4g w/Grape Tomatoes and Sliced Cucumbers</p> 

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Baked Mozzarella Sticks 33g
w/Marinara Sauce 6g
Steamed Edamame 10g



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All meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray!