

**CARBOHYDRATE COUNTING ELEMENTARY 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  
Sandwich of the Week**

**Week 1 & 5:  
Ham & Cheese on Whole Wheat 26g**

**Week 2:  
Turkey & Cheese on  
Whole Wheat 26g**

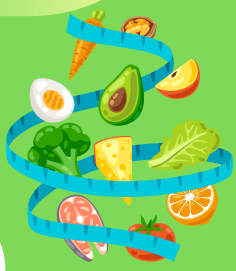
**Week 3:  
Tuna on Whole  
Wheat 25g**

**Week 4:  
Turkey & Cheese on  
Whole Wheat 26g**

Bosco Sticks <sup>3</sup> 30g w/Marinara Sauce 6g Broccoli Florets 6g	Grilled Cheese <sup>4</sup> 27g Tomato Soup 10g  "Local" Rainbow Carrots 3g w/Dip 2g	<b>Early Dismissal</b> <sup>5</sup> Baked Chicken Patty on Whole Grain Bun 42g Oven Baked Potato Fries 15g	<sup>6</sup> Cheeser Quesadilla 39g w/Salsa Golden Corn 15g	<sup>7</sup> Pizzeria Style Pizza 29g  Caesar Salad 8g
<sup>10</sup> Hamburger 0g or Cheeseburger 1g on Whole Grain Bun 27g Oven Baked Sweet Potato Fries 15g	<sup>11</sup> Pasta w/Meatballs + Sauce 58g  Tossed Salad 3g	<sup>12</sup> French Toast Sticks 38g Syrup 18g Sausage Patties 28g Oven Baked Potato Fries 15g	<sup>13</sup> <b>Late Opening - 2 Hrs</b> Chicken Tenders 14g Whole Grain Dinner Roll 15g Diced Carrots 6g	<sup>14</sup> 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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**All meals come with fat free or  
1% milk and our Rainbow Fruit  
& Veggie Tray!**

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

31  
Baked Mozzarella Sticks 33g  
w/Marinara Sauce 6g  
Steamed Edamame 10g



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