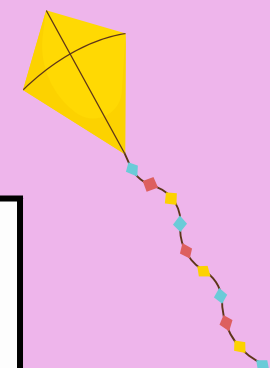


# CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

## APRIL 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW</b> Special Charcuterie Lunch (Offered for First 2 Weeks of April)</p> <p>Chocolate Hummus 15g String Cheese 1g Sliced Apples 8g Crackers 30g</p>	<p><b>April Fools Day</b> <sup>1</sup></p> <p>Baked Chicken Nuggets 13g Smile Potatoes 20g Sweet Peas 15g Scooby Snacks 21g</p>	<p>French Toast <sup>2</sup></p> <p>Sticks 38g Syrup 18g Sausage Patties 2g</p> <p>Baked Oven Potatoes 15g</p>	<p><b>April Showers</b> <sup>3</sup></p> <p><b>“Bloom” May Flowers</b></p> <p>Baked Chicken Patty 13g WG Bun 27g Edamame 7g Bloom Sidekick 23g</p>	<p>Stuffed Crust Pizza 35g <sup>4</sup></p> <p>Caesar Salad 8g</p>
<p>Grilled Cheese 27g <sup>7</sup></p> <p>Vegetable Cups 3g w/Ranch Dip 2g</p>	<p><b>Taco Tuesday</b> <sup>8</sup></p> <p>Corn Taco Shells 18g Seasoned Meat 4g Lettuce/Tomato Salsa/Shredded Cheddar Golden Corn 15g</p>	<p>Bosco Sticks 34g <sup>9</sup></p> <p>w/Marinara Sauce 6g</p> <p>Parmesan Broccoli 6g</p>	<p>Hamburger 0g <sup>10</sup></p> <p>Cheeseburger 1g WG Bun 27g</p> <p>Oven Baked Fries 15g Strawberry Cup 8g</p>	<p>Pizza Bagel 35g <sup>11</sup></p> <p>Fresh Tossed Salad 3g</p>
<p><b>Spring Break</b></p>				

Alternate Lunch Options Offered Daily:

**Charcuterie Lunch w/Crackers 33g**

**Whole Wheat Bagel 30g or Cereal 21-24g**

**Low Fat Fruit 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**

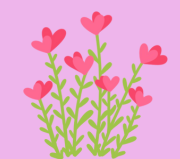
**Ham, Turkey 2g Salami/Pepperoni 1g**

**American, Provolone or Pepper Jack Cheese 1g**

**Whole Wheat 25g 10 Inch Warp 34g Kaiser Roll 27g Ciabatta Roll 30g**

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas 15g, Oranges 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 in GF Condiments Packets: Ketchup 3g, Package of Ken’s Ranch 2g, Package of Ken’s Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

Grams of Carbohydrates are in Red



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Monday      Tuesday      Wednesday      Thursday      Friday

## Spring Break

Alternate Lunch Options Offered  
Daily:

**Charcuterie Lunch  
w/Crackers 33g**

**Whole Wheat Bagel 30g  
or Cereal 21-24g**

**Low Fat Fruit 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 Warp 34g**

**Kaiser Roll 27g**

**Ciabatta Roll 30g**

	<h2 style="color: green;">Spring Break</h2>			
21 Mini Confetti Pancake 36g Syrup 18g Sausage Patties 2g Oven Baked Potatoes 15g	22 Nacho Tuesday Tostito Scoops 19g Seasoned Meat 4g Salsa/Cheese  Refried Beans 24g	23 Macaroni + Cheese 31g  Mediterranean Chickpea Salad 20g  	24 Baked Popcorn Chicken 20g  Brown Rice 36g  Oven Roasted Zucchini Squash 4g	25 Pizzeria Style Pizza 29g  Spring Salad 3g
28 Cheesiest Con Queso 31g w/Salsa  Corn + Black Bean Salad 15g	29 Baked Chicken Tenders 14g WG Dinner Roll 16g Diced Carrots 6g  	30 Pasta Alfredo Pasta 41g Alfredo Sauce 8g w/Broccoli 6g	<b>Breakfast &amp; Lunch Free 24-25 School Year</b>	
<b>All meals come with flavored fat free milk or 1% milk and Our Rainbow Fruit &amp; Veggie Tray!</b>				

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 Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g  
 Grams of Carbohydrates in GF Condiments Packets: Ketchup 3g, Package of Ken's Ranch 2g, Package of Ken's Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

Grams of Carbohydrates  
are in Red

