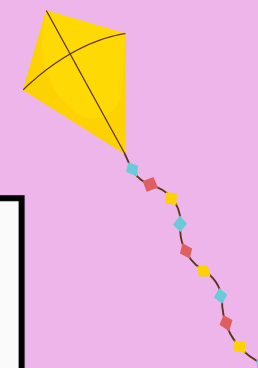


CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

APRIL 2025



Monday Tuesday Wednesday Thursday Friday

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 Sandwich of the Week

Week 1: Ham & Cheese on Whole Wheat 26g

Week 2: Turkey & Cheese on Whole Wheat 26g

Week 3: Tuna on Whole Wheat 25g

Week 4: Ham & Cheese on Whole Wheat 26g

	<p>Special Charcuterie Lunch (Offered for First 2 Weeks of April) Chocolate Hummus 15g String Cheese 1g Sliced Apples 8g Crackers 30g</p>	<p>April Fools Day ¹ Baked Chicken Nuggets 13g Smile Potatoes 20g Sweet Peas 15g Scooby Snacks 21g</p>	<p>French Toast Sticks 38g Syrup 18g Sausage Patties 2g</p> <p>Baked Oven Potatoes 15g</p>	<p>April Showers "Bloom" May Flowers ³ Baked Chicken Patty 13g WG Bun 27g Edamame 7g Bloom Sidekick 23g</p>	<p>Stuffed Crust Pizza 35g Caesar Salad 8g</p>
<p>7 Grilled Cheese 27g Vegetable Cups 3g w/Ranch Dip 2g</p>	<p>Taco Tuesday ⁸ Corn Taco Shells 18g Seasoned Meat 4g Lettuce/Tomato Salsa/Shredded Cheddar Golden Corn 15g</p>	<p>9 Bosco Sticks 34g w/Marinara Sauce 6g Parmesan Broccoli 6g</p>	<p>10 Hamburger 0g Cheeseburger 1g WG Bun 27g Oven Baked Fries 15g Strawberry Cup 8g</p>	<p>11 Pizza Bagel 35g Fresh Tossed Salad 3g</p>	
<div style="display: flex; justify-content: space-between; align-items: center;"> <h1 style="font-size: 2em; margin: 0;">Spring Break</h1> </div>					

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

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