



# CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU MAY 2025



Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options Offered  
Daily:

Charcuterie Lunch **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**

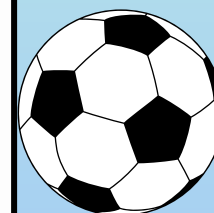
Whole Wheat **25g**

10 Inch Wrap **34g**

Kaiser Roll **27g**

Ciabatta Roll **30g**

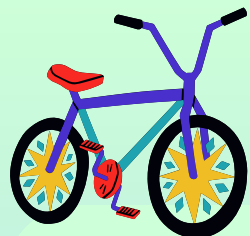
<b>Breakfast &amp; Lunch Free 24-25 School Year</b> 	<b>All meals come with flavored fat free milk or 1% milk and Our Rainbow Fruit &amp; Veggie Tray!</b>		<b>Croissant Breakfast</b> <sup>1</sup> Egg + Cheese <b>1g</b> Croissant <b>29g</b> Baked Potato Puffs <b>15g</b>	<b>School Lunch</b> <sup>2</sup> <b>Hero Day -Thank You Lunch Ladies!</b> Stuffed Crust Pizza <b>35g</b> Caesar Salad <b>8g</b>
<sup>5</sup> Tacos <b>18g</b> Seasoned Meat <b>4g</b> W/Cheese, Lettuce, Tomato, Salsa Refried Beans <b>24g</b> Apple Churro <b>25g</b>	<sup>6</sup> Dutch Waffles <b>38g</b> Syrup <b>18g</b> Sausage Patties <b>2g</b> 100% Fruit Juice <b>15g</b>	<sup>7</sup> Grilled Cheese <b>27g</b> Tomato Soup <b>10g</b> 	<sup>8</sup> Baked Chicken Nuggets <b>13g</b> Cheesy Breadstick <b>15g</b> Roasted Zucchini <b>4g</b>	<sup>9</sup> Personal Pizza <b>30g</b>  Fresh Tossed Salad <b>3g</b>
<sup>12</sup> Bosco Sticks <b>34g</b> w/Marinara Sauce <b>6g</b> Tossed Salad <b>3g</b>	<sup>13</sup> Chicken + Waffles Baked Chicken Tenders <b>14g</b> WG Waffle <b>12g</b> Roasted Carrots <b>6g</b>	<sup>14</sup> <b>Great Smoothie Slurp</b> Yogurt Strawberry Smoothie <b>61g</b> Hot Pretzel <b>30g</b>	<sup>15</sup> <b>Early Dismissal</b> Cheese Quesadilla <b>39g</b> w/Salsa Golden Corn <b>15g</b>	<sup>16</sup> French Bread Pizza <b>33g</b> Baby Spinach Salad <b>3g</b>



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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**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 Wrap 34g**

**Kaiser Roll 27g**

**Ciabatta Roll 30g**

<p>19</p> <p>Macaroni + Cheese 31g</p> <p>Broccoli Florets 6g</p>	<p>20</p> <p>Nacho Tuesday Seasoned Beef 4g w/Tostito Scoops 19g Cheddar Cheese + Salsa Edamame 7g</p>	<p>21</p> <p>Baked Popcorn Chicken 20g WG Dinner Roll 16g Sweet Peas 15g</p>	<p>22</p> <p><b>Breakfast for Lunch</b> French Toast/ Waffle/Pancakes 36-38g Yogurt Cup 19g Potato Puffs 15g</p>	<p>23</p> <p>Pizza Bagel 35g Caesar Salad 8g</p>
<p>26</p> <p> <b>HAPPY MEMORIAL DAY</b>  School Holiday</p>	<p>27</p> <p>Chicken Patty 13g WG Bun 27g Roasted Squash 4g</p>	<p>28</p> <p>Meatballs with Penne Pasta + Sauce 58g  Parmesan Broccoli 6g</p>	<p>29</p> <p><b>Picnic Day</b> Hamburger 0g Cheeseburger 1g WG Bun 27g Lays Chips 8g Fresh Watermelon 6g</p>	<p>30</p> <p>Pizza 30-35g Tossed Salad 3g</p>

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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

