

# CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

## JUNE 2025



### Alternate Lunch Options Offered Daily:

Charcuterie Lunch **33g**

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

Low Fat Yogurt **19g**  
Cheese Stick **1g**

Yogurt Parfait w/ Homemade  
Granola **74g**


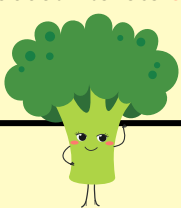

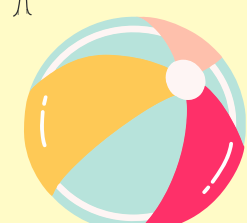

Chef Salad w/Crackers **31g**

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**

Monday Tuesday Wednesday Thursday Friday

<p>2</p> <p>Hot Dog <b>2g</b> Whole Grain Bun <b>25g</b> Baked Beans <b>29g</b> Oven Potatoes <b>15g</b></p>	<p>3</p> <p><b>Nacho Tuesday</b> Tostito Scoops <b>19g</b> Seasoned Beef <b>4g</b> Golden Corn <b>15g</b></p> 	<p>4</p> <p>Bosco Sticks <b>34g</b> w/Marinara Sauce <b>6g</b> Broccoli Florets <b>6g</b></p> 	<p>5</p> <p>Chicken Drumstick <b>10g</b> Garlic Breadstick <b>15g</b> Roasted Summer Squash <b>4g</b></p> 	<p>6</p> <p>Pizza <b>26-35g</b> Caesar Salad <b>8g</b></p>
<p>9</p> <p>Mixed-Up Chicken <b>0-15g</b> Whole Grain Dinner Roll <b>16g</b> Broccoli Florets <b>6g</b></p>	<p>10</p> <p><b>Early Dismissal</b> Cheese Quesadilla <b>39g</b> w/Salsa Refried Beans <b>24g</b></p>	<p>Enjoy Your Summer Vacation!</p>  		



Find a Summer Meal Program Here: <https://www.fns.usda.gov/summer/sitefinder>  
The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) helps fill the hunger gap by providing nutritious meals and snacks for children ages 18 and younger.

**Grams of Carbohydrates are in RED.** 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**

