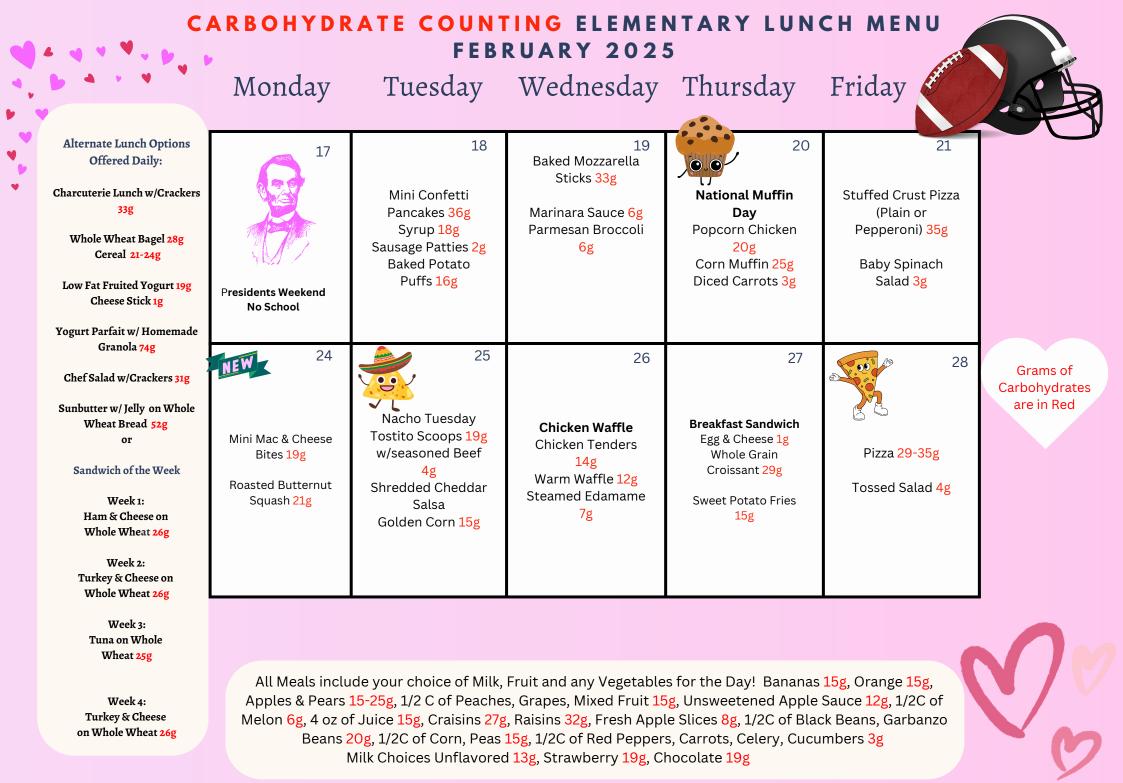
CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU FEBRUARY 2025							
		Monday	Tuesday	Wednesday	Thursday	Friday	
Charc	ernate Lunch Options Offered Daily: cuterie Lunch w/Crackers 33g Yhole Wheat Bagel 28g Cereal 21-24g v Fat Fruited Yogurt 19g Cheese Stick 1g	3 Hamburger Og or Cheeseburger 1g Whole Grain Bun 27g Oven Baked Fries 15g	4 Rotini Pasta 31g w/Meatballs 5g Sauce 6g Green Beans 5g	5 Cheesiest Con Queso 31g w/Salsa Corn & Black Beans 15g Diced Red Peppers 3g	6 Grilled Cheese 27g Warm Tomato Soup 10g Fresh Cut Veggies & Dip 3g	7 PreGame Lunch Mini Pizza Bagels 24g Caesar Salad 8g All Sports Bites 20g	
Che Sunt Sa	ert Parfait w/ Homemade Granola 74g ef Salad w/Crackers 31g butter w/ Jelly on Whole Wheat Bread 52g or andwich of the Week Week 1: Ham & Cheese on Whole Wheat 26g	10 Baked Pizza Crunchers 41g Roasted Zucchini Squash 4g	Taco Tuesday 2 Taco Shells 18g Seasoned Beef 4g Lettuce & Tomato Shredded Cheddar Cheese, Salsa Refried Beans 24g	12 Mozzarella Rippinz 31g (Pull Apart Cheesy Bread) Marinara Sauce 6g Baby Arugula Salad 3g	13 Valentines Day Lunch Sweetheart Chicken Nuggets 16g Heartbeat Pretzel 30g Be Mine Broccoli 6g Strawberry Shortcake 18g	14 Free constraints of the second sec	Grams of Carbohydrates are in Red

Week 2: Turkey & Cheese on Whole Wheat 26g

> Week 3: Tuna on Whole Wheat 25g

Week 4: Turkey & Cheese on Whole Wheat 26g All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas 15g, Orange 15g, Apples & Pears 15-25g, 1/2 C of Peaches, Grapes, Mixed Fruit 15g, Unsweetened Apple Sauce 12g, 1/2C of Melon 6g, 4 oz of Juice 15g, Craisins 27g, Raisins 32g, Fresh Apple Slices 8g, 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 

Menu subject to change - This institution is an equal opportunity provider