

CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

FEBRUARY 2025



Monday Tuesday Wednesday Thursday Friday

- Alternate Lunch Options Offered Daily:**
- Charcuterie Lunch w/Crackers 33g**
 - Whole Wheat Bagel 28g**
Cereal 21-24g
 - Low Fat Fruited 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:**
Turkey & Cheese on Whole Wheat 26g

	3	4	5	6	7
	Hamburger 0g or Cheeseburger 1g Whole Grain Bun 27g Oven Baked Fries 15g	Rotini Pasta 31g w/Meatballs 5g Sauce 6g Green Beans 5g	Cheesiest Con Queso 31g w/Salsa Corn & Black Beans 15g Diced Red Peppers 3g	Grilled Cheese 27g Warm Tomato Soup 10g Fresh Cut Veggies & Dip 3g	PreGame Lunch Mini Pizza Bagels 24g Caesar Salad 8g All Sports Bites 20g
					
	10	11	12	13	14
	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	Mozzarella Rippinz 31g (Pull Apart Cheesy Bread) Marinara Sauce 6g Baby Arugula Salad 3g	Valentines Day Lunch Sweetheart Chicken Nuggets 16g Heartbeat Pretzel 30g Be Mine Broccoli 6g Strawberry Shortcake 18g	 Valentine's Day No School

Grams of Carbohydrates are in Red

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

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Alternate Lunch Options
Offered Daily:

Charcuterie Lunch w/Crackers
33g

Whole Wheat Bagel **28g**
Cereal **21-24g**

Low Fat Fruited 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:
Turkey & Cheese
on Whole Wheat **26g**

 <p>17</p> <p>Presidents Weekend No School</p>	<p>18</p> <p>Mini Confetti Pancakes 36g Syrup 18g Sausage Patties 2g Baked Potato Puffs 16g</p>	<p>19</p> <p>Baked Mozzarella Sticks 33g</p> <p>Marinara Sauce 6g Parmesan Broccoli 6g</p>	 <p>20</p> <p>National Muffin Day</p> <p>Popcorn Chicken 20g Corn Muffin 25g Diced Carrots 3g</p>	<p>21</p> <p>Stuffed Crust Pizza (Plain or Pepperoni) 35g</p> <p>Baby Spinach Salad 3g</p>
 <p>24</p> <p>Mini Mac & Cheese Bites 19g</p> <p>Roasted Butternut Squash 21g</p>	 <p>25</p> <p>Nacho Tuesday Tostito Scoops 19g w/seasoned Beef 4g Shredded Cheddar Salsa Golden Corn 15g</p>	<p>26</p> <p>Chicken Waffle</p> <p>Chicken Tenders 14g Warm Waffle 12g Steamed Edamame 7g</p>	<p>27</p> <p>Breakfast Sandwich</p> <p>Egg & Cheese 1g Whole Grain Croissant 29g</p> <p>Sweet Potato Fries 15g</p>	 <p>28</p> <p>Pizza 29-35g</p> <p>Tossed Salad 4g</p>

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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**