

CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

JANUARY 2025



Alternate Lunch Options
Offered Daily:

Charcuterie Lunch w/Crackers
33g CHO

Whole Wheat Bagel 28g CHO
or Cereal 21-24g CHO

Low Fat Fruited
Yogurt 19g CHO
Cheese Stick 1g CHO

Yogurt Parfait w/ Homemade
Granola 74g CHO

Chef Salad w/Crackers 31g CHO

Sunbutter w/ Jelly on Whole
Wheat Bread 52g CHO

or

Deli Bar

Choices

Ham, Turkey 2g CHO
Salami/Pepperoni 1g CHO
American, Provolone or Pepper
Jack Cheese 1g CHO

Whole Wheat 26g CHO
10 Inch Wrap 34g CHO
Kaiser Roll 27g CHO
Ciabatta Roll 30g CHO

Monday Tuesday Wednesday Thursday Friday

Milk Choices Unflavored
13g CHO,
Strawberry 19g CHO,
Chocolate 19g CHO

1
*Happy
New Year*
No School

2
Hamburger 0g
Cheeseburger 1g
Whole Grain Bun
27g
Baked Potato
Wedges 18g


3
Stuffed Crust Pizza
(Plain or
Pepperoni) 35g
Caesar Salad 8g

6
Macaroni & Cheese
31g
Garlic Breadstick 15g
Steamed
Edamame 10g

7
Baked Popcorn
Chicken 20g
Whole
Grain Roll 15g
Broccoli
Parmesan 6g

8
Cheese Quesadilla
39g
w/Salsa 2g
Refried Beans 16g

9
French
Toast Sticks 38g
Syrup 18g
Sausage Patties 2g
Baked Potato Puffs
16g

10

Pizza Bagel 33g
Tossed Salad 3g

13
National Sticker Day
Baked Mozzarella
sticks 33g
w/Marinara Sauce 6g
Local Roasted
Cabbage 4g
Get a sticker w/lunch

14
Grilled Cheese 27g
Chicken Noodle
Soup 5g
Tomato Soup 10g
Fresh Vegetables
w/Dip 3g

15
Chicken & Waffles
Baked Chicken
Nuggets 16g
Warm Waffle 12g
Diced Carrots 6g

16
Baked Potato 18g
w/Cheese Sauce
2g
& Broccoli 6g
Garlic Knot 27g

17
French Bread
Pizza 29g
Baby Spinach
Salad 3g



All Meals include your choice of Milk, Fruit and any Vegetables for the Day!
Bananas 15g CHO, Orange 15g CHO, Apples & Pears 15-25g CHO, 1/2 Cup of Peaches, Grapes, Mixed Fruit 15g CHO, Unsweetened Apple Sauce 12g CHO, 1/2 Cup of Melon 6g CHO, 4 Oz of Juice 15g CHO, Craisins 27g CHO, Raisins 32g CHO, Fresh Apple Slices 8g CHO, 1/2 Cup of black Beans, garbanzo Beans 20g CHO, 1/2 Cup of Corn, Peas 15g CHO, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers 3g CHO

Menu subject to change without notice and these are carbohydrate estimates based on portion sizes served in cafeteria.
When there is a carb range, has to do with size of fruit or pizza type used that day.

CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

JANUARY 2025

1/20-1/31

Alternate Lunch Options
Offered Daily:

Charcuterie Lunch w/Crackers
33g CHO

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

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

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

Chef Salad w/Crackers **31g CHO**

Sunbutter w/ Jelly on Whole
Wheat Bread **52g CHO**

or

Deli Bar

Choices

Ham, Turkey **2g CHO**
Salami/Pepperoni **1g CHO**
American, Provolone or Pepper
Jack Cheese **1g CHO**

Whole Wheat **26g CHO**
10 inch Wrap **34g CHO**
Kaiser Roll **27g CHO**
Ciabatta Roll **30g CHO**

Monday



27
Breakfast Sandwich
Egg & Cheese **1g**
Whole Grain
Croissant **29g**
Baked Potato
Puffs **16g**

Tuesday

21
Taco Tuesday!
Tacos **12g**
Seasoned Meat **4g**
w/Lettuce/Tomato
Salsa **1g** + Shredded
Cheddar **1g**
Golden Corn **15g**

28
Bosco Sticks **30g**
W/Marinara
Sauce **6g**
Sweet Peas **15g**

Wednesday

22
Mini Cheese
Ravioli **15g**
Marinara Sauce **6g**
Whole Grain Dinner
Roll **15g**
Spinach Salad **3g**

29
Chinese New Year
Mandarin Chicken
19g
Brown Rice **35g**
Steamed Broccoli **6g**
Fortune Cookie **4g**

Thursday

23
Baked Chicken
Patty **16g**
Whole Wheat Bun **27g**
Roasted Zucchini **4g**

30
Baked Chicken
Tenders **14g**
Roasted Butternut
Squash **21g**
Buttermilk
Biscuit **16g**

Friday

24
Personal Pizza **29g**
Caesar Salad **8g**

31
Pizza **29-33g**
Tossed salad **4g**



Milk Choices Unflavored **13g CHO**,
Strawberry **19g CHO**, Chocolate **19g CHO**



All Meals include your choice of Milk, Fruit and any Vegetables for the Day!

Bananas **15g CHO**, Orange **15g CHO**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g CHO**, Unsweetened Apple Sauce **12g CHO**, 1/2 Cup of Melon **6g CHO**, 4 Oz of Juice **15g CHO**, Craisins **27g CHO**, Raisins **32g CHO**, Fresh Apple Slices **8g CHO**, 1/2 Cup of black Beans, garbanzo Beans **20g CHO**, 1/2 Cup of Corn, Peas **15g CHO**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **3g CHO**

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