

CARBOHYDRATE COUNTING SARAH NOBLE 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**

Deli Bar

Choices

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

**Whole Wheat 25g CHO
10 inch Wrap 34g CHO
Kaiser Roll 27g CHO
Ciabatta Roll 30g CHO**

	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 2.5g	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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Sunbutter w/ Jelly on Whole
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or

Deli Bar

Choices

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

Whole Wheat **25g CHO**
10 inch Wrap **34g CHO**
Kaiser Roll **27g CHO**
Ciabatta Roll **30g CHO**

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

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