

CARBOHYDRATE COUNTING ELEMENTARY 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**



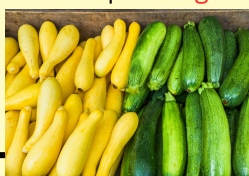


Sunbutter w/ Jelly on Whole
Wheat Bread **52g**
or
Sandwich of the Week

Week 1:
Turkey & Cheese on
Whole Wheat **26g**

Week 2:
Cheese on Whole Wheat **26g**



Monday Tuesday Wednesday Thursday Friday

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



SUMMER NUTRITION PROGRAMS FOR KIDS

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**