



CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

MAY 2025



Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options Offered
Daily:

Charcuterie Lunch **33g**

Whole Wheat Bagel **30g** or
Cereal **21-24g**

Low Fat Fruit 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**

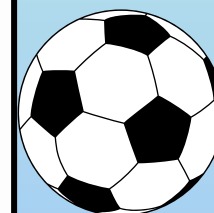
Week 2:
Turkey & Cheese on Whole Wheat **26g**

Week 3:
Chicken Wrap **47g**

Week 4:
Ham & Cheese on Whole Wheat **26g**

Week 5:
Turkey & Cheese on Whole Wheat **26g**

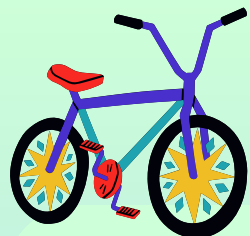
Breakfast & Lunch Free 24-25 School Year 	All meals come with flavored fat free milk or 1% milk and Our Rainbow Fruit & Veggie Tray!		Croissant Breakfast ¹ Egg + Cheese 1g Croissant 29g Baked Potato Puffs 15g	School Lunch ² Hero Day -Thank You Lunch Ladies! Stuffed Crust Pizza 35g Caesar Salad 8g
⁵ Tacos 18g Seasoned Meat 4g W/Cheese, Lettuce, Tomato, Salsa Refried Beans 24g Apple Churro 25g	⁶ Dutch Waffles 38g Syrup 18g Sausage Patties 2g 100% Fruit Juice 15g	⁷ Grilled Cheese 27g Tomato Soup 10g 	⁸ Baked Chicken Nuggets 13g Cheesy Breadstick 15g Roasted Zucchini 4g	⁹ Personal Pizza 30g Fresh Tossed Salad 3g
¹² Bosco Sticks 34g w/Marinara Sauce 6g Tossed Salad 3g	¹³ Chicken + Waffles Baked Chicken Tenders 14g WG Waffle 12g Roasted Carrots 6g	¹⁴ Great Smoothie Slurp Yogurt Strawberry Smoothie 61g Hot Pretzel 30g	¹⁵ Early Dismissal Cheese Quesadilla 39g w/Salsa Golden Corn 15g	¹⁶ French Bread Pizza 33g Baby Spinach Salad 3g



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**



Grams of Carbohydrates are in Red



Alternate Lunch Options Offered

Daily:

Charcuterie Lunch 33g

**Whole Wheat Bagel 30g or
Cereal 21-24g**

**Low Fat Fruit 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:

Chicken Wrap 47g

Week 4:

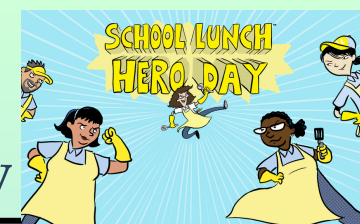
Ham & Cheese on Whole Wheat 26g


Week 5:

Turkey & Cheese on Whole Wheat 26g

CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU MAY 2025

Monday Tuesday Wednesday Thursday Friday



<p>19</p> <p>Macaroni + Cheese 31g</p> <p>Broccoli Florets 6g</p>	<p>20</p> <p>Nacho Tuesday Seasoned Beef 4g w/Tostito Scoops 19g</p> <p>Cheddar Cheese + Salsa</p> <p>Edamame 7g</p>	<p>21</p> <p>Baked Popcorn</p> <p>Chicken 20g</p> <p>WG Dinner Roll 16g</p> <p>Sweet Peas 15g</p>	<p>22</p> <p>Breakfast for Lunch</p> <p>French Toast/ Waffle/Pancakes 36-38g</p> <p>Yogurt Cup 19g</p> <p>Potato Puffs 15g</p>	<p>23</p> <p>Pizza Bagel 35g</p> <p>Caesar Salad 8g</p>
<p>26</p> <p> HAPPY MEMORIAL DAY</p> <p>School Holiday</p>	<p>27</p> <p>Chicken Patty 13g</p> <p>WG Bun 27g</p> <p>Roasted Squash 4g</p>	<p>28</p> <p>Meatballs with Penne Pasta + Sauce 58g</p> <p>Parmesan Broccoli 6g</p>	<p>29</p> <p>Picnic Day</p> <p>Hamburger 0g</p> <p>Cheeseburger 1g</p> <p>WG Bun 27g</p> <p>Lays Chips 8g</p> <p>Fresh Watermelon 6g</p>	<p>30</p> <p>Pizza 30-35g</p> <p>Tossed Salad 3g</p>

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

Grams of Carbohydrates are in Red

