

# CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

JANUARY 2025

1/2-1/17

Monday

Tuesday

Wednesday

Thursday

Friday

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

Sandwich of the Week

Week 1:

Tuna on Whole Wheat 25g CHO

Week 2:

Turkey + Cheese on Whole  
Wheat 26g CHO

Week 3:

Ham + Cheese  
on Whole Wheat 26g CHO

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



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 28g  
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  
Warm 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 ELEMENTARY 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

Sandwich of the Week

Week 4:  
Chicken Wrap **39g CHO**

Week 3:  
Turkey + Cheese on Whole  
Wheat **26g CHO**

### Monday

20



**No School**

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**

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.