

## 2009/2010 Elementary Menu Carbohydrate Counts

		Monday		Tuesday		Wednesday		Thursday		Friday						
		Turkey Corn Dog	1 ea	20.8g	Chick Noodle Soup	1 c	22.36g	Turkey Sandwich	1 ea	26.16g	BBQ Pork Rib	1 ea	10.6g	Hamburger on a Bun	1 ea	31.6g
W		Baked French Fries	1/2 c	16.94g	Cheezee Bread Stick	1 ea	14.15g	Salad, Fresh	3/8 c	0.48g	Mashed Potatoes	1/2 c	3.08g	Baked French Fries	1/2 c	16.94g
E		Peaches, Diced	3/8 c	10.63g	Salad, Fresh	3/8 c	0.48g	Sun Chip, Baked	Bag	18g	Wheat Dinner Roll	1 ea	20g	Orange Wedges	1/4 c	10.5g
E		Ketchup Packet	2 pkt	4g	Banana	1/2c=1ea	51g	Sliced Apples, Fresh	1/2 c	12g	Applesauce	3/8 c	15.52g	Ketchup Packet	2 ea	4g
K		Mustard Packet	1 ea	0.77g	Ranch Dressing	pkt	1g	Mustard Packet	1 ea	0.77g	MILK - Variety	8 oz	21.5g	Mustard Packet	1 ea	0.77g
1		MILK - Variety	8 oz	21.5g	MILK - Variety	8 oz	21.5g	Ranch Dressing	pkt	1g				MILK - Variety	8 oz	21.5g
								MILK - Variety	8 oz	21.5g						
		Orange Chicken	3.22oz	20g	Pepperoni Pizza	slice	57g	Turkey Corn Dog	1 ea	20.8g	Chicken Patty Sandwich	1 ea	43.4g	Beef Taco Salad	1 ea	11.77g
W		White Rice	1/2 c	74g	Salad, Fresh	3/8 c	0.48g	Carrots, Baby	1/4 c	8g	Baked French Fries	1/2 c	16.94g	Refried Beans	3/8 c	18.57g
E		Green Beans	3/8 c	3g	Sliced Apples, Fresh	1/2 c	12g	100% Juice Box	box	16g	Orange Wedges, Fresh	3/8 c	15.75g	Fixins'	1/4 c	0.35g
E		Pineapple Tidbits	3/8 c	15g	Ranch Dressing	pkt	1g	Mixed Fruit	3/8 c	13.5g	Mayonnaise Packet	pkt	0g	Hot corn	3/8 c	11.56g
K		MILK - Variety	8 oz	21.5g	MILK - Variety	8 oz	21.5g	Ketchup Packet	1 ea	2g	Ketchup Packet	2 ea	4g	Taco Sauce	pkt	1g
2								Mustard Packet	1 ea	0.77g	MILK - Variety	8 oz	21.5g	MILK - Variety	8 oz	21.5g
								MILK - Variety	8 oz	21.5g						
		French Toast	1 ea	31g				Chicken Nuggets	5 ea	14.4g	Turkey Hot Dog/Bun	svg	22.63g	Turkey Sandwich	1 ea	26.16g
W		Turkey Sausage Link	1 ea	0.16g	Manager's Choice			Salad, Fresh	3/8 c	0.48g	Baked French Fries	1/2 c	16.94g	Sun Chip, Baked	Bag	18g
E		Potato Smiles	3/8 c	18g				Fresh Banana	1/2c=1ea	51g	Orange Wedges, Fresh	3/8 c	15.75g	Salad, Fresh	3/8 c	0.48g
E		Peaches, Diced	3/8 c	10.63g				Barbecue Sauce	pkt	4g	Ketchup Packet	2 ea	4g	Sliced Apples, Fresh	1/2 c	12g
K		Pancake syrup	1 pkt	36.19g				Ranch Dressing	pkt	1g	Mustard Packet	1 ea	0.77g	Mayonnaise Packet	pkt	0g
3		MILK - Variety	8 oz	21.5g				MILK - Variety	8 oz	21.5g	MILK - Variety	8 oz	21.5g	Mustard Packet	1 ea	0.77g
														MILK - Variety	8 oz	21.5g
		Beef Teriyaki Bites	Svg	6.5g	PB & J Sandwich	1ea	54g	Nacho Cheese Cup	1 c	4g	Baked Chicken	svg	10g	Spaghetti	svg	24.21g
W		White Rice	1/2 c	74g	Salad, Fresh	3/8 c	0.48g	Tortilla Chips	svg	38.47g	Salad, Fresh	3/8 c	0.48g	Salad, Fresh	3/8 c	0.48g
E		Carrots, Baby	1/4 c	8g	Orange Wedges, Fresh	1/2 c	21g	Refried Beans	3/8 c	18.57g	Wheat Dinner Roll	1 ea	20g	Sliced Apples, Fresh	3/8 c	9g
E		Pineapple Tidbits	1/2 c	20g	Ranch Dressing	pkt	1g	Hot corn	3/8 c	11.56g	Peaches, Diced	3/8 c	10.63g	Wheat Dinner Roll	1 ea	20g
K		MILK - Variety	8 oz	21.5g	MILK - Variety	8 oz	21.5g	Fresh Banana	1/2c=1ea	51g	MILK - Variety	8 oz	21.5g	Ranch Dressing	pkt	1g
4								MILK - Variety	8 oz	21.5g				MILK - Variety	8 oz	21.5g