

Elementary Lunch Carb Counts Cycle 3

menu date	recipe description	portion size	carbohydrate (g)	
3/1/2017	Chicken Pot Pie	2/3 cup	28.7	
	Grilled Cheese Sandwich	1 sandwich	31	
	Vegetation Station	1 salad	2.5	
	Beans- Black/ ChickPea VS	1 oz	14.4	
	Roll, Whole Grain	1 Roll	28	
	Salad Dressing	1 oz	2	
	Tomato Basil Soup	4 oz spoodle	15.1	
	Steamed Broccoli	1/2 cup	6.5	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	Cheese Stick/ Cheese	1 serving	1	
	3/2/2017	Stuffed Shells	2 shells	41.4
		Carolina Chicken Chili	6 oz spoodle	18.9
		Roll, Whole Grain	1 Roll	28
		Steamed Corn	1/2 cup	14.9
Steamed Carrots		1/2 cup	7.8	
Mixed Vegetables		1/2 cup	12.2	
Black Beans		1/2 cup	32.7	
Fruit- Assorted		1 serving	16.5	
Milk, Chocolate, Fat Free		8 oz.	20	
Milk, White Skim		1/2 pint	11	
Yogurt 4oz		4 oz	16	
Cheese Stick/ Cheese		1 serving	1	
3/3/2017		Pizza, Nardones	slice	29
		Chicken New Orleans	3 oz	14.1
		Vegetation Station	1 salad	2.5
		Beans- Black/ ChickPea VS	1 oz	14.4
		Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2	
	Chicken & Brown Rice Soup	4 oz spoodle	9.3	
	Fresh Vegetables with Dip	1 serving	4.3	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	Cheese Stick/ Cheese	1 serving	1	
	3/6/2017	Teriyaki Chicken Green Dragon	3 oz	14.1
		Chicken Cherry Blossom	4 oz	27.1
		Rice, Brown	1/2 Cup	27.2
		Vegetation Station	1 salad	2.5
Beans- Black/ ChickPea VS		1 oz	14.4	
Roll, Whole Grain		1 Roll	28	

	Salad Dressing	1 oz	2
	Corn Chowder Soup	4 oz spoodle	16.4
	Sweet Potato Bites	1/2 cup	16.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/7/2017	Beef & Cheese Nachos	1 Serving	53.5
	Chicken Fajita Casserole	1 serving	24.4
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/8/2017	Roll, Whole Grain	1 Roll	28
	Mac and Cheese Bar	1/2 cup	24.3
	Diced Chicken MC	1 oz	0.7
	Ham MC	1 oz	1.5
	Meatballs MC	3 each	2.4
	Taco Meat MC	2 oz	2.5
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Vegetable Beef Soup	4 oz spoodle	7.3
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/9/2017	Chicken Drumsticks, Roasted	1 drumstick	0
	Roll, Whole Grain	1 Roll	28
	Meatball Sub	1 sub	38.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16

3/10/2017	Cheese Stick/ Cheese	1 serving	1	
	Pizza, Nardones	slice	29	
	Shepherd's Pie	6 oz spoodle	25.4	
	Vegetation Station	1 salad	2.5	
	Beans- Black/ ChickPea VS	1 oz	14.4	
	Roll, Whole Grain	1 Roll	28	
	Salad Dressing	1 oz	2	
	Southwestern Chicken Soup	4 oz spoodle	9.8	
	Steamed Broccoli	1/2 cup	6.5	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	3/13/2017	Cheese Stick/ Cheese	1 serving	1
Fiona's Baked Penne Pie		6 oz spoodle	28.4	
Grilled Chicken Sandwich		1 sandwich	29.6	
Vegetation Station		1 salad	2.5	
Beans- Black/ ChickPea VS		1 oz	14.4	
Roll, Whole Grain		1 Roll	28	
Salad Dressing		1 oz	2	
Broccoli Cheddar Soup		4 oz spoodle	7.4	
Mixed Vegetables		1/2 cup	12.2	
Fruit- Assorted		1 serving	16.5	
Milk, Chocolate, Fat Free		8 oz.	20	
Milk, White Skim		1/2 pint	11	
Yogurt 4oz		4 oz	16	
3/14/2017		Cheese Stick/ Cheese	1 serving	1
	Condiments	1 packet	2.8	
	Cheeseburger	1 burger	29.2	
	Chicken Soft Taco	2 Taco	38.5	
	Steamed Corn	1/2 cup	14.9	
	Steamed Carrots	1/2 cup	7.8	
	Mixed Vegetables	1/2 cup	12.2	
	Black Beans	1/2 cup	32.7	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	3/15/2017	Cheese Stick/ Cheese	1 serving	1
		Roll, Whole Grain	1 Roll	28
Condiments		1 packet	2.8	
Sweet Thai Chili Chicken		1/2 Cup	12	
Chicken General Tso- Green Dragon		4 oz	26.1	
Rice, Brown		1/2 Cup	27.2	
Vegetation Station		1 salad	2.5	
Beans- Black/ ChickPea VS		1 oz	14.4	
Roll, Whole Grain		1 Roll	28	

	Salad Dressing	1 oz	2
	Asian Ginger Chicken Soup	4 oz spoodle	2.9
	Vegetable Medley	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
3/16/2017	Cheese Stick/ Cheese	1 serving	1
	Turkey Pot Roast	4 oz spoodle	5.4
	Mashed Potatoes	1/2 cup	18.1
	Chicken Creole	6 oz spoodle	13.1
	Rice, Brown	1/2 Cup	27.2
	Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
3/17/2017	Cheese Stick/ Cheese	1 serving	1
	Pizza, Nardones	slice	29
	BBQ Pork Sandwich	1 Sandwich	44.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken Noodle Soup	4 oz	9
	Steamed Corn	1/2 cup	14.9
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
3/20/2017	Cheese Stick/ Cheese	1 serving	1
	Lasagna	1 serving	40
	Roasted Chicken Breast & Thigh	1 Piece	0.7
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Baked Potato Soup	4 oz spoodle	9.1
	Peas & Carrots	1/2 cup	10.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16

3/21/2017	Cheese Stick/ Cheese	1 serving	1	
	Mashed Potatoes	1/2 cup	18.1	
	Brown Gravy	1 oz	12.2	
	Chicken Gravy	1 oz	22.1	
	Meatballs MP	5 each	4	
	Turkey Pot Roast MP	3 oz	3.4	
	Chicken MP	2 oz	1.3	
	Roll, Whole Grain	1 Roll	28	
	Steamed Corn	1/2 cup	14.9	
	Steamed Carrots	1/2 cup	7.8	
	Mixed Vegetables	1/2 cup	12.2	
	Black Beans	1/2 cup	32.7	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	3/22/2017	Cheese Stick/ Cheese	1 serving	1
Chicken Pot Pie		2/3 cup	28.7	
Grilled Cheese Sandwich		1 sandwich	31	
Vegetation Station		1 salad	2.5	
Beans- Black/ ChickPea VS		1 oz	14.4	
Roll, Whole Grain		1 Roll	28	
Salad Dressing		1 oz	2	
Tomato Basil Soup		4 oz spoodle	15.1	
Steamed Broccoli		1/2 cup	6.5	
Fruit- Assorted		1 serving	16.5	
Milk, Chocolate, Fat Free		8 oz.	20	
Milk, White Skim		1/2 pint	11	
Yogurt 4oz		4 oz	16	
3/23/2017		Cheese Stick/ Cheese	1 serving	1
		Stuffed Shells	2 shells	41.4
		Carolina Chicken Chili	6 oz spoodle	18.9
		Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9	
	Steamed Carrots	1/2 cup	7.8	
	Mixed Vegetables	1/2 cup	12.2	
	Black Beans	1/2 cup	32.7	
	Fruit- Assorted	1 serving	16.5	
	Milk, Chocolate, Fat Free	8 oz.	20	
	Milk, White Skim	1/2 pint	11	
	Yogurt 4oz	4 oz	16	
	3/24/2017	Cheese Stick/ Cheese	1 serving	1
		Pizza, Nardones	slice	29
		Chicken New Orleans	3 oz	14.1
		Vegetation Station	1 salad	2.5
		Beans- Black/ ChickPea VS	1 oz	14.4
Roll, Whole Grain		1 Roll	28	

	Salad Dressing	1 oz	2
	Chicken & Brown Rice Soup	4 oz spoodle	9.3
	Fresh Vegetables with Dip	1 serving	4.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/27/2017	Teriyaki Chicken Green Dragon	3 oz	14.1
	Chicken Cherry Blossom	4 oz	27.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Corn Chowder Soup	4 oz spoodle	16.4
	Sweet Potato Bites	1/2 cup	16.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/28/2017	Beef & Cheese Nachos	1 Serving	53.5
	Chicken Fajita Casserole	1 serving	24.4
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
3/29/2017	Mac and Cheese Bar	1/2 cup	24.3
	Diced Chicken MC	1 oz	0.7
	Ham MC	1 oz	1.5
	Meatballs MC	3 each	2.4
	Taco Meat MC	2 oz	2.5
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Vegetable Beef Soup	4 oz spoodle	7.3
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20

	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/30/2017	Chicken Drumsticks, Roasted	1 drumstick	0
	Roll, Whole Grain	1 Roll	28
	Meatball Sub	1 sub	38.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
3/31/2017	Pizza, Nardones	slice	29
	Shepherd's Pie	6 oz spoodle	25.4
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Southwestern Chicken Soup	4 oz spoodle	9.8
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/3/2017	Fiona's Baked Penne Pie	6 oz spoodle	28.4
	Grilled Chicken Sandwich	1 sandwich	29.6
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Broccoli Cheddar Soup	4 oz spoodle	7.4
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Condiments	1 packet	2.8
4/4/2017	Cheeseburger	1 burger	29.2
	Chicken Soft Taco	2 Taco	38.5
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2

	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
	Condiments	1 packet	2.8
4/5/2017	Sweet Thai Chili Chicken	1/2 Cup	12
	Chicken General Tso- Green Dragon	4 oz	26.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Asian Ginger Chicken Soup	4 oz spoodle	2.9
	Vegetable Medley	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/6/2017	Turkey Pot Roast	4 oz spoodle	5.4
	Mashed Potatoes	1/2 cup	18.1
	Chicken Creole	6 oz spoodle	13.1
	Rice, Brown	1/2 Cup	27.2
	Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/7/2017	Pizza, Nardones	slice	29
	BBQ Pork Sandwich	1 Sandwich	44.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken Noodle Soup	4 oz	9
	Steamed Corn	1/2 cup	14.9
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11

	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/17/2017	Teriyaki Chicken Green Dragon	3 oz	14.1
	Chicken Cherry Blossom	4 oz	27.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Corn Chowder Soup	4 oz spoodle	16.4
	Sweet Potato Bites	1/2 cup	16.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/18/2017	Beef & Cheese Nachos	1 Serving	53.5
	Chicken Fajita Casserole	1 serving	24.4
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
4/19/2017	Mac and Cheese Bar	1/2 cup	24.3
	Diced Chicken MC	1 oz	0.7
	Ham MC	1 oz	1.5
	Meatballs MC	3 each	2.4
	Taco Meat MC	2 oz	2.5
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Vegetable Beef Soup	4 oz spoodle	7.3
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/20/2017	Chicken Drumsticks, Roasted	1 drumstick	0
	Roll, Whole Grain	1 Roll	28
	Meatball Sub	1 sub	38.7

	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/21/2017	Pizza, Nardones	slice	29
	Shepherd's Pie	6 oz spoodle	25.4
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Southwestern Chicken Soup	4 oz spoodle	9.8
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/24/2017	Fiona's Baked Penne Pie	6 oz spoodle	28.4
	Grilled Chicken Sandwich	1 sandwich	29.6
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Broccoli Cheddar Soup	4 oz spoodle	7.4
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Condiments	1 packet	2.8
4/25/2017	Cheeseburger	1 burger	29.2
	Chicken Soft Taco	2 Taco	38.5
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1

	Roll, Whole Grain	1 Roll	28
	Condiments	1 packet	2.8
4/26/2017	Sweet Thai Chili Chicken	1/2 Cup	12
	Chicken General Tso- Green Dragon	4 oz	26.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Asian Ginger Chicken Soup	4 oz spoodle	2.9
	Vegetable Medley	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/27/2017	Turkey Pot Roast	4 oz spoodle	5.4
	Mashed Potatoes	1/2 cup	18.1
	Chicken Creole	6 oz spoodle	13.1
	Rice, Brown	1/2 Cup	27.2
	Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
4/28/2017	Pizza, Nardones	slice	29
	BBQ Pork Sandwich	1 Sandwich	44.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken Noodle Soup	4 oz	9
	Steamed Corn	1/2 cup	14.9
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/1/2017	Lasagna	1 serving	40
	Roasted Chicken Breast & Thigh	1 Piece	0.7
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4

	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Baked Potato Soup	4 oz spoodle	9.1
	Peas & Carrots	1/2 cup	10.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/2/2017	Chicken Stir Fry	1 Serving	32.5
	BBQ Grilled Chicken Sandwich	1 Sandwich	48.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/3/2017	Chicken Pot Pie	2/3 cup	28.7
	Grilled Cheese Sandwich	1 sandwich	31
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Tomato Basil Soup	4 oz spoodle	15.1
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/4/2017	Stuffed Shells	2 shells	41.4
	Curry Chicken	1 serving	9
	Brown Rice	1/2 cup	27.2
	Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/5/2017	Pizza, Nardones	slice	29

	Chicken New Orleans	3 oz	14.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken & Brown Rice Soup	4 oz spoodle	9.3
	Fresh Vegetables with Dip	1 serving	4.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/8/2017	Teriyaki Chicken Green Dragon	3 oz	14.1
	Chicken Cherry Blossom	4 oz	27.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Corn Chowder Soup	4 oz spoodle	16.4
	Sweet Potato Bites	1/2 cup	16.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/9/2017	Beef & Cheese Nachos	1 Serving	53.5
	Chicken Fajita Casserole	1 serving	24.4
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
5/10/2017	Mac and Cheese Bar	1/2 cup	24.3
	Diced Chicken MC	1 oz	0.7
	Ham MC	1 oz	1.5
	Meatballs MC	3 each	2.4
	Taco Meat MC	2 oz	2.5
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2

	Vegetable Beef Soup	4 oz spoodle	7.3
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/11/2017	Chicken Drumsticks, Roasted	1 drumstick	0
	Roll, Whole Grain	1 Roll	28
	Meatball Sub	1 sub	38.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/12/2017	Pizza, Nardones	slice	29
	Shepherd's Pie	6 oz spoodle	25.4
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Southwestern Chicken Soup	4 oz spoodle	9.8
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/15/2017	Fiona's Baked Penne Pie	6 oz spoodle	28.4
	Grilled Chicken Sandwich	1 sandwich	29.6
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Broccoli Cheddar Soup	4 oz spoodle	7.4
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Condiments	1 packet	2.8
5/16/2017	Cheeseburger	1 burger	29.2

	Chicken Soft Taco	2 Taco	38.5
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
	Condiments	1 packet	2.8
5/17/2017	Sweet Thai Chili Chicken	1/2 Cup	12
	Chicken General Tso- Green Dragon	4 oz	26.1
	Rice, Brown	1/2 Cup	27.2
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Asian Ginger Chicken Soup	4 oz spoodle	2.9
	Vegetable Medley	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/18/2017	Turkey Pot Roast	4 oz spoodle	5.4
	Mashed Potatoes	1/2 cup	18.1
	Chicken Creole	6 oz spoodle	13.1
	Rice, Brown	1/2 Cup	27.2
	Roll, Whole Grain	1 Roll	28
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/19/2017	Pizza, Nardones	slice	29
	BBQ Pork Sandwich	1 Sandwich	44.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken Noodle Soup	4 oz	9

	Steamed Corn	1/2 cup	14.9
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/22/2017	Lasagna	1 serving	40
	Roasted Chicken Breast & Thigh	1 Piece	0.7
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Baked Potato Soup	4 oz spoodle	9.1
	Peas & Carrots	1/2 cup	10.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/23/2017	Chicken Stir Fry	1 Serving	32.5
	BBQ Grilled Chicken Sandwich	1 Sandwich	48.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/24/2017	Chicken Pot Pie	2/3 cup	28.7
	Grilled Cheese Sandwich	1 sandwich	31
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Tomato Basil Soup	4 oz spoodle	15.1
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/25/2017	Stuffed Shells	2 shells	41.4
	Curry Chicken	1 serving	9
	Brown Rice	1/2 cup	27.2
	Roll, Whole Grain	1 Roll	28

	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/26/2017	Pizza, Nardones	slice	29
	Chicken New Orleans	3 oz	14.1
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Chicken & Brown Rice Soup	4 oz spoodle	9.3
	Fresh Vegetables with Dip	1 serving	4.3
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
5/30/2017	Beef & Cheese Nachos	1 Serving	53.5
	Chicken Fajita Casserole	1 serving	24.4
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
	Roll, Whole Grain	1 Roll	28
5/31/2017	Mac and Cheese Bar	1/2 cup	24.3
	Diced Chicken MC	1 oz	0.7
	Ham MC	1 oz	1.5
	Meatballs MC	3 each	2.4
	Taco Meat MC	2 oz	2.5
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Vegetable Beef Soup	4 oz spoodle	7.3
	Mixed Vegetables	1/2 cup	12.2
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20

	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
6/1/2017	Chicken Drumsticks, Roasted	1 drumstick	0
	Roll, Whole Grain	1 Roll	28
	Meatball Sub	1 sub	38.7
	Steamed Corn	1/2 cup	14.9
	Steamed Carrots	1/2 cup	7.8
	Mixed Vegetables	1/2 cup	12.2
	Black Beans	1/2 cup	32.7
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1
6/2/2017	Pizza, Nardones	slice	29
	Shepherd's Pie	6 oz spoodle	25.4
	Vegetation Station	1 salad	2.5
	Beans- Black/ ChickPea VS	1 oz	14.4
	Roll, Whole Grain	1 Roll	28
	Salad Dressing	1 oz	2
	Southwestern Chicken Soup	4 oz spoodle	9.8
	Steamed Broccoli	1/2 cup	6.5
	Fruit- Assorted	1 serving	16.5
	Milk, Chocolate, Fat Free	8 oz.	20
	Milk, White Skim	1/2 pint	11
	Yogurt 4oz	4 oz	16
	Cheese Stick/ Cheese	1 serving	1