

Breakfast/ Lunch Carb Count

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**WG Cheerios	14 String Cheese	1 **Cereal Bar	25 Yogurt	8 **WG Cheerios
Corn Flakes	16 **Graham Cracker	21 Mandarin Orange 4 oz	13 **Graham Cracker	21 **Corn Flakes
Pears 4 oz	13 Mixed Fruit 4 oz	13 Apple Juice 4 oz	14 Applesauce 4 oz	12 Peaches 4 oz
Apple Juice 4 oz	14 Orange Juice 4 oz	13 K3/K4-**WG Muffin	31 Orange Juice 4 oz	13 Apple Juice 4 oz

5/3/2021	5/4/2021	5/5/2021	5/6/2021	5/7/2021
Turkey Meatballs	1 Chicken Soft Tacos	1 Sloppy Joe	8 **WG Chicken Nuggets	16 Sliced Turkey
Sweet Corn	15 Pinto Beans	17 Baby Carrots	7 Baked Fries	22 Mashed Potato
Grapes	14 Lettuce	1 Banana	27 Pineapple Tidbits	22 Fresh Orange
**WG Penne Pasta	39 Cheese	2 *WW Bun	26 Green Beans	4 **WG Slice Bread
Breadstick	14 Diced Pears *WW Tortilla Salsa	21 Ranch	8 Ketchup	2 Broccoli Turkey Gravy
5/10/2021	5/11/2021	5/12/2021	5/13/2021	5/14/2021
Chicken Patty	12 Beef Taco	2 Ham	1 Chicken Fajitas	28 Cheeseburger (Patty)
Celery Sticks	1 Pinto Beans	17 Cheese	2 Fresh Broccoli	8 Potato Fries
Fresh Apple	25 Peaches	16 Carrot Coins	6 Mandarin Orange	17 Grapes
**WG Spaghetti	18 Taco Shells	20 Fresh Pear	27 *WW Tortilla	15 *WW Bun
Ketchup	2 Lettuce	1 **WG Bread	15 Ranch	8 Cucumbers
Ranch	8 Cheese Salsa	2 Cherry Tomato	5	Ketchup
		2 Ranch	8	Ranch
		Mayo	2	Cheese
5/17/2021	5/18/2021	5/19/2021	5/20/2021	5/21/2021
Chili con Carne	8 Chicken Soft Tacos	1 Cheese Quesadilla	32 Beef Patty	1 **French Toast Sticks
Mixed Veggies	6 Pinto Beans	17 Broccoli	5 Mashed Potato	19 Tater Coins
Fresh Orange	11 Diced Pears	21 Banana	27 Pineapple Tidbits	22 Golden Apple
**WG Bread	15 *WW Tortilla Lettuce Cheese Salsa	15 Chocolate Chip Cookie	17 **WG Bread	15 Cucumbers
		1 Baby Carrots	7 Sweet Peas	9 Ketchup
		2 Ranch	8 Gravy	4 Ranch
		2		Syrup
5/24/2021	5/25/2021	5/26/2021	5/27/2021	5/28/2021
Turkey Meatballs	1 Beef Taco	2 **WG Chicken Nuggets	16 Cheeseburger (Patty)	1
Baby Carrots	7 Pinto Beans	17 Baked Fries	22 Potato Wedges	20
Fresh Pear	27 Applesauce	22 Fresh Orange	11 Peaches	16
**WG Spaghetti	18 Taco Shells	20 Broccoli	5 *WW Bun	26
Ranch	8 Lettuce Cheese Salsa	1 Ketchup	2 Cucumbers	5
		2	Ketchup	
		2		
5/31/2021				
Memorial Day No Student Attendance				Milk Count in Grams (gm) Per 8 oz carton: 1% White Milk Lactose Free-White Milk Chocolate Fat Free Soy Milk



*Whole Wheat
 **Whole Grain
 ***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk

This Institution is an equal opportunity provider
 Menu subject to change without notice