

Elementary Carbohydrate Cycle Menus 2015-16

Monday

Tuesday

Wednesday

Thursday

Friday

A

Baked chicken strips- 9g
w/ WG roll - 22g
Steak & cheese quesadilla w/
lettuce, tomato & salsa -24 g
(1/2 c) **Refried Beans** - 19g
(1/2 c) **Applesauce** - 14g

Corn Dog Nuggets (6) - 31g
Mozzarella Sticks (5) - 35g
w/ tomato sauce (1/2 c) - 2.5g
Fresh Cucumber slices—2g
w/ Ranch dip— 6g
Bananas (7") - 27g

Breaded Chicken filet - 15g
dinner w/ WG Roll - 22g
Ham & Cheese Sandwich—
29g
Mashed Potatoes & Gravy—
15g
Crunchy Carrots (1/2 c) - 7g
1/2 c **watermelon** - 6g

Cheesy Pretzel Bun - 34g
Hot Dog—2g
on Bun—22g
& (3oz) **Mac cheese**—14g
Fresh Roasted Broccoli - 4g
Peaches —13g

Pizza* - 22—33g
Italian Sandwich - 28g
Side Salad - 6g
Fruit Cocktail - 18g

B

Cheese Nachos - 57g total
(2 oz) Nachos - 44g
with Meat - 1g or chicken - 3g
(2oz) cheese sauce— 9g
(1oz) Salsa - 2g
Chicken Sticks (5) - 11g
w/Roll - 22g
Cheesy Bean Dip - 20g
Raisins (1.33oz box) - 30g

French Toast Sticks (3) - 36g
Sausage(2) - 2g
(1-1/2 tbsp.) Syrup - 26g
Cereal - 23g, **fruited yogurt** -
19g, (1oz) **Granola** - 9.3g, &
String Cheese - 1g
Tasty Tater Tots - 16g
(3) **Orange Wedges** - 13 g

Chicken Nuggets (5) - 9g
w/ WG roll - 22g
Grilled Cheese- 31g

1/2 c **Tomato Soup**- 10g
1/2 c **Grapes** - 8g

Breaded Chicken Patty - 9g
on WG Roll - 26g
w/ lettuce and tomato - 4g
(6oz) **Pasta** - 30g
& (3) **Meatballs** - 3g

Green Beans - 4g
Applesauce - 14g

Pizza*
Ham & Cheese Sandwich -
29g
w/ lettuce and tomato-4g
Crispy Green Salad - 6g
Mixed Fruit - 18g

C

Walking Taco - 33g total
Doritos (1 bag) - 20g
w/ meat - 1g or turkey - 3g
cheese sauce - 9g,
and salsa - 2g
Turkey & Cheese Sand. - 30g
with lettuce and tomato - 4g

1/2 c **Celery** - 1.5g &
(2T) **Sunbutter** 7g
Mandarin Oranges - 17g

Cheeseburger - 2g
on bun - 26g
Grilled Chicken Patty - 1g
WG Bun - 26g
Baked French Fries - 18g
(1/2 c) **Pineapple** - 20g

Popcorn Chicken (14) - 13g
w/Roll - 22g
Ham & cheese Sand. - 29g

Baked Beans - 21g
Apples - 15g

Mozzarella Sticks (5) - 35
(1/2 c) tomato sauce - 2.5g
Mac & Cheese (3oz) - 14g
and **Hot Dog** - 2g
on WG Bun - 22g

Peas - 11g
Pears - 16g

Pizza*
Turkey & cheese Wrap - 25g
w/ lettuce/Tomato - 4g

Fresh Broccoli - 10g
w/ Ranch Dressing (2T) - 6g
Magical Fruit Medley - 18g

Additional Items offered daily

- Apple slices (2oz): 7.8g/pkt
- Carrots: 7g
- Ranch dressing: 6g
- Plain milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g

Additional Items Offered Frequently

- **Fruit & yogurt bar** - Van. Yogurt - 22g, cheese 1g, (4oz) muffin - 49g, granola - 9g, fruit (varies) - 15g per 1/2 cup
- **PB & J** - 68g total; PB (4T) - 15.5g, Jelly (2T) - 18.5g, bread (2) - 34g
- **Chicken Caesar Salad** - 40g total; chicken (2.4g), cheese (3g), lettuce (1c; 11g), croutons (1oz) - 15g
- **Slush Puppie** (4oz) - 15g

Pizza: (mostly Nardone Bros)

- 1/8 wedge - 22g
- 4x6 rectangle - 30g
- 5" round personal - 33g
- French bread pizza - 33g
- 1/8 wedge (Mickey's) - 28g

Other Entrees:

- Chic' Penne: 46g
- Sweet & Sour Chicken: chicken (13g) + sauce (2oz; 22g) + 1/2 c brown rice (22.5g)
- 6 oz Mac & Cheese: 28g

Additional Sides:

- Roasted sweet potatoes (1/2 c): 13g
- Blueberries (1/2 c): 9.4g
- Vegetable soup (1/2 c) - 15g

Condiments:

- BBQ sauce (2T) - 11g
- Light Italian (2T) - 2g
- Light Caesar (2T) - 5g
- Ketchup (1T) - 5g
- Mayo pkt - 1g
- Mustard pkt - 0g

Any questions, concerns -- contact Kristen Feaga, nutritionist
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