

# Elementary Carbohydrate Cycle Menus 2016-17

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>A</b>	<b>Baked chicken strips</b> - 9g w/ WG roll - 14g <b>Soft Shell Taco</b> - 25g w/ meat (2.5g), cheese (.5g), salsa (2g) L&T (2g), tortilla (20g) <b>Refried Beans</b> - 19g (1 med.) <b>Apple</b> - 25g	<b>Corn Dog Nuggets</b> (6) - 31g <b>Mozzarella Sticks</b> (5) - 35g w/ tomato sauce (1/2 c) - 5g  <b>Fresh Roasted Broccoli</b> - 4g <b>Bananas</b> (7") - 27g	<b>Chicken Nuggets</b> (5) - 9g w/ WG roll - 14g <b>Ham &amp; Cheese Sand.</b> - 26g Ham (1g), cheese (1g), L&T (2g), bun (22g)  <b>Steamed Corn</b> - 16g <b>Watermelon</b> - 6g	<b>Hot Dog</b> - 2 g on bun - 22g <b>Cheesy Pretzel Bun</b> - 33g  <b>Cucumber Slices</b> - 2g w/ Ranch dip (2T) - 5g <b>Peaches</b> -13g	<b>Pizza</b> - 30g <b>Italian Sandwich</b> - 28g Italian meats (2g) Cheese (1g), L&T (2g) Bun (22g)  <b>Baby Carrots</b> - 8g w/ Ranch dip (2T) - 5g <b>Apple Slices</b> - 8g
<b>B</b>	<b>Walking Taco</b> - 34g total Doritos (1 bag) - 20g w/ meat - 2.5g cheese sauce - 9g, And (¼ c) salsa - 2g <b>Turkey &amp; Cheese Sand.</b> - 28g Turkey (3g), cheese (1g) L&T (2g), bun (22g)  <b>Black Beans Salsa</b> - 16g <b>Mandarin Oranges</b> - 21g	<b>Cheeseburger</b> - 2g on bun - 26g <b>Breaded Chicken Patty</b> - 9g on WG Roll - 22g  <b>French Fries</b> (2.5 oz) - 18g <b>Black Beans Salsa</b> - 16g <b>Pineapple</b> - 17g	<b>Popcorn Chicken</b> (14) - 13g w/ WG roll - 14g <b>Grilled Cheese</b> - 31g  <b>Tomato Soup</b> - 10g <b>Grapes</b> - 8g	<b>Chicken Sticks</b> (5) - 11g w/ WG roll - 14g <b>Pasta</b> (6oz)- 30g <b>&amp; Meatballs</b> (3) - 3g w/ cheese (1 g/1 oz) Tomato sauce (5g)  <b>Green Beans</b> - 4g <b>Applesauce</b> - 14g	<b>Pizza</b> - 30g <b>Ham &amp; Cheese Sand.</b> - 26g Ham (1g), cheese (1g), L&T (2g), bun (22g)  <b>Crispy Green Salad</b> - 6g <b>Strawberries, fzn</b> - 33g
<b>C</b>	<b>Cheese Nachos</b> - 58g total (2 oz) Nachos - 45g w/ meat - 2.5g (2oz) cheese sauce- 9g (1oz) Salsa - 2g <b>Mac &amp; Cheese</b> (6oz) - 28g w/ WG roll - 14g  <b>Celery</b> - 2.5g <b>Raisins</b> (1.33oz box) - 29g	<b>French Toast Sticks</b> (3) - 36g (1-1/2 tbsp.) Syrup - 26g <b>Sausage</b> (2) - 2g <b>Egg Patty</b> - 1g <b>Egg &amp; Cheese Croissant</b> - 28g <b>Sausage &amp; Ch. Croissant</b> - 29g  <b>Tater Tots</b> (8) - 16g <b>Orange Wedges</b> (4) - 15 g	<b>Chicken Nuggets</b> (5) - 9g w/ WG roll - 14g <b>Italian Sandwich</b> - 28g Italian meats (2g) Cheese (1g), L&T (2g) Bun (22g)  <b>Roast. Sweet Potatoes</b> - 13g <b>Plum</b> - 10g	<b>Hot Dog</b> - 2g on WG Bun - 22g <b>Cheesesteak Sub</b> - 26g Meat - 3g, cheese - 1g WG Bun - 22g  <b>Baked Beans</b> - 21g <b>Pear</b> - 11g	<b>Pizza</b> - 30g <b>Turkey &amp; Cheese Sand.</b> - 28g Turkey (3g), cheese (1g) L&T (2g), bun (22g)  <b>Side Caesar Salad</b> *- 15g <b>Cantaloupe</b> - 7g

\*all sides are 1/2 cup portions, unless noted otherwise

### Additional Items offered daily

- Plain milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g

### Additional Entrees:

- **Cheddar-filled Pretzel Stick** (1): 26g
- **Chicken Cheesesteak:** 29g (bun - 22g)
- **Meatball Sub:** 32g  
Meatballs (4g) + tomato sauce (5g) + cheese (1g/1oz) + roll (22g)
- **Sweet & Sour Chicken:**  
chicken (13-20g) + sauce (2oz; 22g) + 1/2 c brown rice (22g)
- **Sloppy Joes: 36g** Beef Barbecue (14g) + bun (22g)
- **Tuna Salad Sandwich: 30g total:** tuna (6g), bun - 22g, w/ L&T (2g)

### Condiments:

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

### 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 Sandwich**- 64g total; PB (4T) - 16g, Jelly (2T) - 18g, bread (2) - 30g
- **Chicken Caesar Salad** - 40g total; chicken (2.4g), cheese (3g), lettuce (1c; 11g), croutons (1oz) - 15g
- **Slush Puppie** (4oz) - 15g

### Additional Sides:

- Apricot halves: 15g
- Bean dip (1/4c): 12g
- Blueberries, fzn, unsweet: 5g
- Broccoli, steamed: 5g
- Cabbage, sautéed w/ sesame oil: 10g
- \*Caesar Side Salad: 15g  
1c Lettuce: 4g, 1T Parmesan: 2g, 1T Caesar: 2.5g, ½ oz. croutons: 6g
- Cauliflower, steamed: 3g
- Kiwi fruit (1.25 fruit): 13g
- Lima Beans, steamed: 35g
- Peas, steamed- 12g
- Potato, baked w/ cheesesauce: 41g
- Red Peppers, fresh: 5g
- Refried beans w/ cheese: 21g
- Roasted Squash: 8g

Any questions, concerns -- contact Kristen Feaga, nutritionist  
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