

Landis Run Carbohydrate Count 2016-17

	Monday	Tuesday	Wednesday	Thursday	Friday
A	<p>Chicken strips- 9g w/ sub roll - 22g</p> <p>Soft Shell Taco - 25g meat (2.5g), cheese (.5g), salsa (2g) L&T (2g), tortilla (20g)</p> <p>Cheesy Bean Dip - 20g (1 med.) Apple - 25g</p>	<p>Corn Dog Nuggets (6) - 31g Mozzarella Sticks (5) - 35g w/ tomato sauce (1/2 c) - 5g</p> <p>Fresh Roasted Broccoli - 4g Bananas (7") - 27g</p>	<p>Popcorn Chicken (14) - 13g w/ WG roll - 14g</p> <p>Meatball Sub - 32g Meatballs - 4g, cheese 1g/oz, Tomato sauce 5g, bun 22g</p> <p>Steamed Corn- 16g Watermelon - 6g</p>	<p>Hot Dog - 2 g on bun - 22g pasta salad (1/2 c) - Cheesy Pretzel Bun - 33g</p> <p>Baby Carrots - 8g w/ Ranch dip (2T) - 5g Peaches -13g</p>	<p>Pizza- 30g Cheesesteak Sub - 26g Meat - 3g, cheese - 1g WG Bun - 22g</p> <p>Tossed Salad - 6g (varies) Apple Slices - 8g</p>
B	<p>Cheese Nachos - 58g (2 oz) Nachos - 45g w/ meat - 2.5g (2oz) cheese sauce- 9g (1oz) Salsa - 2g Ham & Cheese Pretzel - 33g</p> <p>Celery - 2.5g Mandarin Oranges - 21g</p>	<p>Cheeseburger - 2g on bun - 22g Breaded Chicken Patty - 9g on WG Roll - 22g</p> <p>French Fries (2.5 oz) - 18g Pineapple - 17g</p>	<p>Chicken Nuggets (5) - 9g w/ WG roll - 14g Grilled Cheese- 31g</p> <p>Tomato Soup- 10g Grapes - 8g</p>	<p>Hot Dog - 2g on WG Bun - 22g Pasta (6oz)- 30g & Meatballs (3) - 3g w/ cheese (1 g/1 oz) Tomato sauce (5g)</p> <p>Black Beans Salsa - 16g Applesauce - 14g</p>	<p>Pizza - 30g Mozzarella Sticks (5) - 35g w/ tomato sauce (1/2 c) - 5g</p> <p>Side Caesar Salad *- 15g Black Beans Salsa - 16g Strawberries, fzn - 33g</p>
C	<p>Walking Taco - 34g Doritos (1 bag) - 20g w/ meat - 2.5g cheese sauce - 9g, And (¼ c) salsa - 2g Chicken Sticks (5) - 11g w/ WG roll - 14g</p> <p>Cucumber Slices - 2g Raisins (1.33oz box) - 29g</p>	<p>French Toast Sticks (3) - 36g (1-1/2 tbsp.) Syrup - 26g Sausage(2) - 2g Egg Patty - 1g Egg & Cheese Croissant - 28g Sausage & Ch. Croissant - 29g</p> <p>Tater Tots (8) - 16g Orange Wedges (4) - 15 g</p>	<p>Mini Cheese Calzones - 34g w/ tomato sauce - 5g Cheesesteak Sub - 26g Meat - 3g, cheese - 1g WG Bun - 22g</p> <p>Roast. Sweet Potatoes - 13g Plum - 10g</p>	<p>Popcorn Chicken (14) - 13g w/ WG roll - 14g Mac & Cheese (6oz) - 28g w/ WG roll - 14g</p> <p>Baked Beans - 21g Pear - 11g</p>	<p>Pizza - 30g Meatball Sub - 32g Meatballs - 4g, cheese 1g/oz, Tomato sauce 5g, bun 22g</p> <p>Crispy Green Salad - 6g Cantaloupe - 7g</p>

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

Updated 10/16

Additional Items offered daily

- Plain milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g
- **Chicken Caesar Salad** - 41g (roll - 14g, croutons - 13g), w/o dressing
- **Tossed Salad** - 44g (breadstick - 25g), w/o dressing
- **Chef Salad** - 44g (breadstick - 25g), w/o dressing

Additional Entrees:

- **Cheddar-filled Pretzel Stick** (1): 26g
- **Chicken Cheesesteak**: 29g (bun - 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)
- **Buffalo Chicken Pizza**: 27g
- **MaxStix**: 32g (tomato sauce - 5g)

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** - **80g** Van. Yogurt (22g), ch. (1g), muffin (41g), fruit (varies)
- **Fruit & Yogurt To-go** - **77g** Flav. Yogurt (19g), ch.(1g) muffin (41g), fruit (varies)
- **Turkey & Cheese Sand.** - **28g** [turkey (3g), cheese (1g) L&T (2g), bun (22g)]
- **Ham & Cheese Sand.**- **26g** [ham (1g), cheese (1g), L&T (2g), bun (22g)]
- **Italian Sandwich** - **28g** [Italian meats (2g), cheese (1g), L&T (2g), bun (22g)]
- **PB & J Jamwich**- (2pk) - 69g
- **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
- Green Beans - 4g
- Kiwi fruit (1.25 fruit): 13g
- Lima Beans, steamed: 35g
- Peas, steamed- 12g
- Potato, baked w/ cheesesauce: 41g
- Red Peppers, fresh: 5g
- Refried Beans - 19g
- Roasted Squash: 8g
- Strawberries, fresh: 6g

Any questions, concerns -- contact Kristen Feaga, nutritionist
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