

ELEMENTARY LUNCH CARB COUNT

	October 28	October 29	October 30	October 31	November 1
CHOICE 1	Chicken Strips (16g)	Tangerine Chicken W/ rice, and WG Roll Tangerine Chick. – 25g WG Fried Rice – 54g WG Roll – 14 g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g Marina Sauce – 12g	French Bread Pizza WG Tony's French Bread Pizza – 23.6g	Macaroni & Cheese w/ WG Roll Land O Lake Mac. & Cheese 46g WG Roll – 14 g
CHOICE 2	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Cheese Stuffed Breadstick Beacon Street Café WG Cheese Stuff Breadstick – 28 g	All Beef Hot Dog Kunzler Hot Dog – 1g Hot Dog Roll – 25g	Straw/Banana Yogurt Boat w/ Funnel Sticks Yoplait Vanilla Yogurt - 31g Yoplait Strawberry Blended Yogurt -31g Funnel Cake Fries – 24g	Fish Nuggets w/ Roll Fish Nuggets – 28g WG Roll – 14g
CHOICE 3	Yogurt Cup w/ cheese Stick & Scooby Snack Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g Scooby snack – 21g Cheese Stick – 2g	Ham & Cheese Pretzel Sand. Turkey Ham – 0 Am. Cheese – 1g Pretzel Bun – 29g	Peanut Butter & Jelly Sand Jamwich – 69g	Turkey & Cheese Sand. Turkey – 1g Am. Cheese – 1g Hamburger Roll – 22g	Peanut Butter & Jelly Sand. Jamwich – 69g
CHOICE 4	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
VEGETABLES	Emoji Fries – 23g	Steamed Broccoli – 3g	Baked Beans Dawn glow – 21g	Green Beans – 6g	Steamed Carrots – 6g
WED. TREAT			Rice Krispy Treat – 8g	Hershey Halloween Treat – 16g	Rush Juice – 27g

	November 4	November 5	November 6	November 7	November 8
CHOICE 1	CV Chicken Bowl Popcorn Chicken – 14g	Walking Taco's w/ Toppings (24g) Beef Crumbles – 1g Taco Seasoning – 2g Baked Tostito Scoops 19g	Meatball Parmesan Sub Advance Meatball – 4g Marinara Sauce – 12g Hot Dog Roll – 25g	Personal Pizza Tony's Deep Dish WG Pizza – 31g	Mini Pierogis / WG Roll Pierogis – 24g WG Roll - 14g
CHOICE 2	Cheese Burger Beef Patty – 1g Am. Cheese – 1g Hamburg Roll – 22g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g Marina Sauce – 12g	Chicken Patty Tyson Chicken Patty – 16g Hamburg Roll – 22g	Mini Corn Dog House of Raeford WG Corn Dog Nuggets – 20g	Hamburger BBQ Beef Crumbles – 1g Hamburg Roll – 22g
CHOICE 3	Yogurt Cup w/ cheese Stick & Scooby Snack Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g Scooby snack – 21g Cheese Stick – 2g	Ham & Cheese Pretzel Sand. Ham & Cheese Pretzel Sand. Turkey Ham – 0 Am. Cheese – 1g Pretzel Bun – 29g	Peanut Butter & Jelly Sand Jamwich – 69g	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Peanut Butter & Jelly Sand Jamwich – 69g
CHOICE 4	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
VEGETALBES	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g	Steamed Corn – 17g	Steamed Peas – 12g	Refried Beans Santiago Refried Beans – 25g	Green Beans - 6g
WED. TREAT			Hershey's Ice Cream		Rush Juice – 27g

			Dixie Cups – 14 / 16g Raspberry Yogurt – 23g Vanilla Yogurt – 16 g Sherbet – 23 / 27g Original Mini Ice Cream Sand – 12g Fudge O bar – 16g		
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	November 11	November 12	November 13	November 14	November 15
CHOICE 1	Chicken Nuggets – 13g	Lasagna Roll Ups w/ Breadstick Tasty Brand WG lasagna – 29g Breadstick – 15g	Bacon Cheese Burger Turkey Bacon – 0g Beef Patty – 1g Amer. Cheese – 1g Hamburg Roll – 22g	Cheese Pizza Tony's Smart Pizza – 26.6g	French Toast Stix w/ Yogurt French Toast Sticks – 24g Syrup – 43g Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g Scooby snack – 21g Cheese Stick – 2g
CHOICE 2	Turkey & Cheese Sand Turkey – 1g Am. Cheese – 1g Hamburger roll – 22g	Cheese Stuffed Breadstick Beacon Street Café WG Cheese Stuff Breadstick – 28 g	All Beef Hot Dog Kunzler Hot Dog – 1g Hot Dog Roll – 25g	Straw/Banana Yogurt Boat w/ Funnel Sticks Yoplait Vanilla Yogurt - 31g Yoplait Strawberry Blended Yogurt -31g Funnel Cake Fries – 24g	Fish Sandwich Fish – 16g Hamburg Roll – 22g
CHOICE 3	Yogurt Cup w/ cheese Stick & Scooby Snack Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g Scooby snack – 21g Cheese Stick – 2g	Ham & Cheese Pretzel Sand. Turkey Ham – 0 Am. Cheese – 1g Pretzel Bun – 29g	Peanut Butter & Jelly Sand Jamwich – 69g	Turkey & Cheese Sand. Turkey – 1g Am. Cheese – 1g Hamburger Roll – 22g	Peanut Butter & Jelly Sand Jamwich – 69g
CHOICE 4	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
VEGETALBES	Oven Fries Oreida Evercristip – 22g	Steamed Broccoli – 3g	Baked Beans Dawn Glow – 21g	Steamed Carrots -6g	Hash Brown Potato – 15g
WED. TREAT			Baked Cookie Otis Spunkmeyer – Sugar, Choc. Chip, M&M, - 27g		Rush Juice – 27g

	November 18	November 19	November 20	November 21	November 22
CHOICE 1	Chicken Patty Chicken Patty – 16g Hamburg Roll – 22g	Soft Taco w/ toppings Beef Crumbles 1g Del Pasado Tortilla flour 6" – 27g	Roast turkey – 1g Cranberry Sauce – 25g Stuffing - Bread – 53 g (2 ¼ cup) Cream of Celery – 8g Cream of Chicken – 10g WG dinner roll – 14g or Bread -28 g	Big Daddy's Cheese Pizza – 42 g	Grilled Cheese White Bread (2 slices) – 52g Am. Cheese (4 slices) – 4g
CHOICE 2	Cheese Burger Beef Patty – 1g Am. Cheese – 1g Hamburg Roll – 22g	Pizza Crunchers Farm Rich Pizza Crunchers – 41g Marina Sauce – 12g		Beef Rib B Que Sliders Sliders/ w roll – 46g	Chicken Quesadilla The Max, WG Quesadilla Chicken Pizza – 37g
CHOICE 3	Yogurt Cup w/ cheese Stick & Scooby Snack Yoplait Yogurt Rasp./Straw. – 15 g Blended – 17 g Scooby snack – 21g	Ham & Cheese Pretzel Sand. Ham & Cheese Pretzel Sand. Turkey Ham – 0 Am. Cheese – 1g Pretzel Bun – 29g	Mini Corn Dog House of Raeford WG Corn Dog Nuggets – 20g Peanut Butter & Jelly Sand	Turkey & Cheese Sand. Turkey – 1g Am. Cheese – 1g Hamburger Roll – 22g	Peanut Butter & Jelly Sand Jamwich – 69g

CHOICE 4	Cheese Stick – 2g Chef Salad	Chef Salad	Jamwich – 69g Chef Salad	Chef Salad)	Chef Salad
VEGETABLES	Potato Tots – 19g	Baked Beans Dawn Glow – 21g	Mashed Potatoes w/ Gravy Idahoan Mashed Potatoes – 17g Chicken Gravy – 7g Corn – 17g	Steamed Corn – 17 g	Tomato Soup Campbell's Tomato Soup – 20g
WED. TREAT			Hershey's Pumpkin Ice Cream cup – 15g		Rush Juice – 27g

STUDENTS CAN HAVE 2 VEGGIES & 2 FRUITS FRESH SALAD AND VEGGIE PACKS OFFERE CHOICE OF FRESH OR CANNED
FRUIT OR JUICE