

AUGUST/SEPTEMBER 2021 ELEMENTARY CARBS

| MONDAY 8/30/21 | | TUESDAY 8/31/21 | | WEDNESDAY 9/1/21 | | THURSDAY 9/2/21 | | FRIDAY 9/3/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | |
|--|--|---|--|--|---|--|------------------------------|--|-------------------------|
| CARB | | CARB | | CARB | | BREAKFAST | | CARB | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 16 | Yogurt + Oatmeal Bar^{^WGIW} 15/23 | Turkey Ham+ + Cheese on Hawaiian Bun^{WGIW} 27 | Beef + Cheese Mini Bagel^{IWWG~} 27 | Cinnamon Roll^{^WGIW} 38 | Pancakes^{^WG} 35 | Mini Cinni Bagel^{^WGIW} 41 | Apple Juice 16 | Orange Juice 13 | Orange Juice 13 |
| Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Orange Juice 13 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 |
| Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Milk 13-20 |
| Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | | | |
| LUNCH | | | | | | | | | |
| Hamburger on Bun^{~WG} w/ Crinkle Cut Potatoes 44 | Chicken Patty+ Sandwich^{WG} 37 | Cheese Crunchers^{^WG} w/ Marinara Sauce 55 | Taco~ w/ Corn + Edamame 24 | Stuffed Crust Pizza^{WG} w/ Pepperoni⁺⁺ or Cheese[^] 36 | BBQ Beef Rib~ Sandwich^{WGIW} 33 | Cheese Cavatappi^{^WG} 36 | OR | OR | OR |
| OR | OR | OR | OR | OR | OR | OR | OR | OR | OR |
| Grilled Cheese Sandwich^{^WG} w/ Baked Fries 44 | Pancakes^{^WG} w/ Yogurt 35/15 | Teriyaki Meatballs~ w/ Veggie Rice + Roll^{WG} 50/15 | Chik'n Nuggets^y w/ Green Beans + Carrots + Roll^{WG} 31/15 | Potato Crisp Fish Sandwich^{^WG} 41 | BBQ Beef Rib~ Sandwich^{WGIW} 33 | Cheese Cavatappi^{^WG} 36 | Grape Tomatoes w/ Ranch 3/55 | Celery w/ Peanut Butter Cups ^p or Ranch 3//7/15 | Scoops ^{WG} 19 |
| Baked Fries 17 | Grape Tomatoes w/ Ranch 3/55 | Celery w/ Peanut Butter Cups ^p or Ranch 3//7/15 | Scoops ^{WG} 19 | Tossed Salad w/ Ranch 4/15 | BBQ Beef Rib~ Sandwich ^{WGIW} 33 | Cheese Cavatappi ^{^WG} 36 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 |
| Baby Carrots 8 | Fruit 7-33 | Fruit 7-33 | Fruit 4/15 | Fruit 7-33 | BBQ Beef Rib~ Sandwich ^{WGIW} 33 | Cheese Cavatappi ^{^WG} 36 | Milk 13-20 | Milk 13-20 | Milk 13-20 |
| Fruit 7-33 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | BBQ Beef Rib~ Sandwich ^{WGIW} 33 | Cheese Cavatappi ^{^WG} 36 | | | |
| Milk 13-20 | | | | | BBQ Beef Rib~ Sandwich ^{WGIW} 33 | Cheese Cavatappi ^{^WG} 36 | | | |

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^y OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey⁺ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER 2021 ELEMENTARY CARBS

| MONDAY 9/6/21 | TUESDAY 9/7/21 | WEDNESDAY 9/8/21 | THURSDAY 9/9/21 | FRIDAY 9/10/21 | NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | |
|------------------|-------------------|--|--|---|---|---|
| BREAKFAST | | | | | | |
| HOLIDAY | NO SCHOOL | Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 27 Apple Juice 16 Fruit 7-33 Milk 13-20 | Beef + Cheese Mini Bagel^{IWWG-} 27 Orange Juice 13 Fruit 7-33 Milk 13-20 | Cinnamon Roll^{^WGIW} 38 Apple Juice 16 Fruit 7-33 Milk 13-20 | Pancakes^{^WG} 35 Orange Juice 13 Fruit 7-33 Milk 13-20 | Mini Cinni Bagel^{^WGIW} 41 Orange Juice 13 Fruit 7-33 Milk 13-20 |
| LUNCH | | | | | | |
| HOLIDAY | NO SCHOOL | Hot Dog⁺ on Bun^{WG} w/ Corn 44 OR Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 52 Baked Fries 17 Roasted Chickpeas 24 Fruit 7-33 Milk 13-20 | Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 30/15 OR Yogurt[^] w/ Granola^{WG} + Strawberry Cup 38/47/22 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Milk 13-20 | Personal Pizza^{WG} w/ Pepperoni[~] or Cheese[^] 31 OR Spicy Chicken Patty^{+WG} on Bun^{WG} 37 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Milk 13-20 | Turkey⁺ + Turkey Ham⁺ + Cheese Sandwich^{WGIW} 27 Grape Tomatoes + Celery Sticks w/ Ranch 11/55 Fruit 7-33 Milk 13-20 | Cheeseburger Sliders^{-WGIW} 30 Veggie Juice 10 Baby Carrots 8 Fruit 7-33 Milk 13-20 |

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^v OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Un crustable)^{pv} OR Turkey⁺ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER 2021 ELEMENTARY CARBS

| MONDAY 9/13/21 | | TUESDAY 9/14/21 | | WEDNESDAY 9/15/21 | | THURSDAY 9/16/21 | | FRIDAY 9/17/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | |
|--|--|---|-----------|----------------------|---|---|--|---|--|
| CARB | | CARB | | CARB | | BREAKFAST | | CARB | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 16 | Yogurt + Oatmeal Bar^{^WGIW} 15/23 | Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 27 | NO SCHOOL | | Cinnamon Roll^{^WGIW} 38 | Pancakes^{^WG} 35 | Mini Cinni Bagel^{^WGIW} 41 | | |
| Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | | | Apple Juice 16 | Orange Juice 13 | Orange Juice 13 | | |
| Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | | | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | | |
| Milk 13-20 | Milk 13-20 | Milk 13-20 | | | Milk 13-20 | Milk 13-20 | Milk 13-20 | | |
| LUNCH | | | | | | | | | |
| Hamburger on Bun^{~WG} w/ Crinkle Cut Potatoes 44 | Chicken Patty* Sandwich^{WG} 37 | Cheese Crunchers^{^WG} w/ Marinara Sauce 55 | NO SCHOOL | | Stuffed Crust Pizza w/ Pepperoni* or Plain^{WG} 36 | BBQ Beef Rib~ Sandwich^{WGIW} 33 | Cheese Cavatappi^{^WG} 36 | | |
| OR | Pancakes^{^WG} w/ Yogurt 43/15 | Chik'n Nuggets^v w/ Corn + Roll^{WG} 43/15 | | | OR | Veggie Juice 10 | Marinara Cup 7 | | |
| Grilled Cheese Sandwich^{^WG} w/ Baked Fries 44 | Grape Tomatoes w/ Ranch 3/15 | Roasted Chickpeas 24 | | | Potato Crisp Fish Sandwich^{^WG} 41 | Hummus Cup 18 | Baby Carrots 8 | | |
| Baked Fries 17 | Fruit 7-33 | Fruit 7-33 | | | Celery w/ Peanut Butter Cups ^p or Ranch 3/7/15 | Fruit 7-33 | Fruit 7-33 | | |
| Baby Carrots 8 | Milk 13-20 | Milk 13-20 | | | Fruit 7-33 | Milk 13-20 | Milk 13-20 | | |
| Fruit 7-33 | | | | | Milk 13-20 | | | | |
| Milk 13-20 | | | | | | | | | |

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^v OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Un crustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER 2021 ELEMENTARY CARBS

| MONDAY 9/20/21 | | TUESDAY 9/21/21 | | WEDNESDAY 9/22/21 | | THURSDAY 9/23/21 | | FRIDAY 9/24/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | |
|---|---|--|---|--|--|--|---|---|--|---|---|--|--|
| CARB | | CARB | | CARB | | BREAKFAST | | CARB | | | | | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 16 | Yogurt + Oatmeal Bar^{^WGIW} 15/23 | Turkey Ham+ + Cheese on Hawaiian Bun^{WGIW} 27 | Beef + Cheese Mini Bagel^{IWWG~} 27 | Cinnamon Roll^{^WGIW} 38 | Pancakes^{^WG} 35 | Mini Cinni Bagel^{^WGIW} 41 | Apple Juice 16 | Orange Juice 13 | Orange Juice 13 | | | | |
| Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Fruit 7-33 | Fruit 7-33 | Orange Juice 13 | | | | |
| Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Fruit 7-33 | | | | |
| Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | | | Milk 13-20 | | | | |
| LUNCH | | | | | | | | | | | | | |
| Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} 33/15 OR | Cheesesteak Potato Bowl~ w/ Seasoned Potatoes + Roll^{WG} 31/15 OR | Hot Dog+ on Bun^{WG} w/ Ranchero Beans 30/27 OR | Mini Chicken Soft Tacos^{+WG} w/ Corn 23/26 OR | Personal Pizza^{WG} w/ Pepperoni⁺⁺ or Cheese[^] 31 OR | Turkey+ + Turkey Ham+ + Cheese Sandwich^{WGIW} 27 | Cheeseburger Sliders^{-WGIW} 30 | Teriyaki Meatballs~ w/ Veggie Rice + Roll^{WG} 50/15 | Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 52 | French Toast Sticks^{WG} w/ Sausage* 26 | Yogurt[^] w/ Granola^{WG} + Strawberry Cup 38/47/22 | Spicy Chicken Patty^{+WG} on Bun^{WG} 37 | Turkey+ + Turkey Ham+ + Cheese Sandwich^{WGIW} 27 | Cheeseburger Sliders^{-WGIW} 30 |
| Baby Carrots + Grape Tomatoes w/ Ranch 11/15 | Baked Fries 17 Celery w/ Ranch 1/15 | Broccoli 3 Roasted Chickpeas 24 Fruit 7-33 | Tossed Salad w/ Ranch 4/15 Fruit 7-33 | Tossed Salad w/ Ranch 4/15 Fruit 7-33 | Grape Tomatoes + Celery Sticks w/ Ranch 11/15 | Veggie Juice 10 Salsa Cup 5 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Fruit 7-33 | Fruit 7-33 |
| Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 |

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^v OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey+ (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk

SEPTEMBER/OCTOBER 2021 ELEMENTARY CARBS

| MONDAY 9/27/21 | | TUESDAY 9/28/21 | | WEDNESDAY 9/29/21 | | THURSDAY 9/30/21 | | FRIDAY 10/1/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | |
|--|--|---|--|---|---|---|----------------|---|-----------------|
| CARB | | CARB | | CARB | | BREAKFAST | | CARB | |
| Maple Beef Sausage~ Pancake Sandwich^{^WGIW} 16 | Yogurt + Oatmeal Bar^{^WGIW} 15/23 | Turkey Ham* + Cheese on Hawaiian Bun^{WGIW} 27 | Beef + Cheese Mini Bagel^{IWWG-} 27 | Cinnamon Roll^{^WGIW} 38 | Pancakes^{^WG} 35 | Mini Cinni Bagel^{^WGIW} 41 | Apple Juice 16 | Orange Juice 13 | Orange Juice 13 |
| Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Orange Juice 13 | Apple Juice 16 | Fruit 7-33 | Fruit 7-33 | Orange Juice 13 |
| Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Fruit 7-33 |
| Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | | | Milk 13-20 |
| LUNCH | | | | | | | | | |
| Hamburger on Bun^{-WG} w/ Crinkle Cut Potatoes 44 | Chicken Patty* Sandwich^{WG} 37 | Cheese Crunchers^{^WG} w/ Marinara Sauce 55 | Taco~ w/ Corn + Edamame 24 | Stuffed Crust Pizza w/ Pepperoni* or Plain^{WG} 36 | Grilled Cheese Sandwich^{^WGIW} 31 | BBQ Beef Rib~ Sandwich^{WGIW} 33 | OR | OR | OR |
| OR | Pancakes^{^WG} w/ Yogurt 35/15 | Pulled Turkey* BBQ w/ Cornbread Bowl^{WG} 45 | Thai Sweet Chili Chicken* w/ Veggie Rice^{WG} + Roll^{WG} 45/15 | Potato Crisp Fish Sandwich^{^WG} 41 | Marinara Cup 7 | Baby Carrots 8 | | | |
| Chik'n Nuggets^v w/ Seasoned Potatoes + Roll^{WG} 45/15 | Grape Tomatoes w/ Ranch 3/15 | Celery w/ Ranch 1/15 | Scoops ^{WG} 19 | Tossed Salad w/ Ranch 4/15 | Assorted Vegetables w/ Ranch 12/15 | Veggie Juice 10 | | | |
| Baked Fries 17 | Roasted Chickpeas 124 | Veggie Juice 10 | Tossed Salad w/ Ranch 4/15 | Fruit 7-33 | Fruit 7-33 | Fruit 7-33 | | | |
| Baby Carrots 8 | Fruit 7-23 | Fruit 7-33 | Fruit 7-33 | Milk 13-20 | Milk 13-20 | Milk 13-20 | | | |
| Fruit 7-33 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | Milk 13-20 | | | |
| Milk 13-20 | | | | | | | | | |

ALTERNATES: (1) Blueberry WG Chex · (2) Hummus Cups^v OR (2) Cheese Sticks[^] OR (2) Peanut Butter Cups^{pv} OR (1) PBJ (Uncrustable)^{pv} OR Turkey* (No Cheese) Sandwich^{WGIW} · 1 Grain Choice, ½ c Veg Choice, ½ c Fruit, ½ c Fruit Juice, (1) Veggie Juice, Milk