

SEPTEMBER 2019

CARB PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		CARBOHYDATE COUNTS					
breakfast	daily	M	WG Beef Sausage Bagel~ 26	Carb Counts are for items that are highlighted only. Hot Packs Counts include the items "under the film" – not the bread or roll added to it. Standard Grains/Bread Carb Counts: Breadstick: 13 Dinner Roll: 15 Hot Dog Bun: 30 Pita Chips: 24 Croissant (long): 26 Granola Pkg: 47 Mini Flatbread: 13 Scoops: 19 Croutons: 4 Hamburger Bun: 28 Rounds: 29					
paid	\$1.30	T	WG Pancakes^ 35						
reduced	\$0.00	W	WG Oatmeal Bar & Yogurt^ 39						
lunch	daily	TH	WG Breakfast Sandwich 26-28						
paid	\$2.55	F	WG Cinnamon Roll^ & Cheese Stick 38						
reduced	\$0.00	SERVED DAILY Assorted Fruit/Fruit Juice Fat Free or 1% Milk							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain									
LUNCH									
2		3		4		5		6	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
9	CARB	10	CARB	11	CARB	12	CARB	13	CARB
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops 20		~Hamburger on WG Bun w/ Corn 12		+WG Chicken Drumstick w/ Seasoned Potatoes & WG Breadstick 30		^WG Cheese Crunchers w/ Marinara Sauce 40		^Cheese Stuffed Crust WG Pizza 31	
Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 +Hot Dog on WG Bun w/ Baked Fries Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 19	17 ^WG Pancakes w/ Yogurt & String Cheese Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 51	18 ~WG Spaghetti w/ Meatballs & WG Breadstick Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 42	19 ~Taco w/ Corn & Edamame w/ WG Scoops Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 24	20 ^WG Cheese Personal Pizza Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 31
23 ^WG Grilled Cheese Sandwich w/ Baked Fries Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 44	24 +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 32	25 ~Hamburger on WG Bun w/ Corn Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 12	26 +WG Chicken Nuggets w/ Cranberry Bread Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 50	27 ^Cheese Stuffed Crust WG Pizza Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CARB 31

30

NO SCHOOL

