

November 09 Elementary Menu with Carb Counts

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

All counts are in grams. Some menu items are separated out and color-coded accordingly.

For example, "Chicken Pasta Salad w/Corn Muffin: 47 (43)" indicates the salad contains 47g while the muffin has 43g.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
French Toast Sticks w/ <u>Syrup</u> <u>Cereal w/ Toast*</u>	42 (21) 10	Sausage Biscuit Oatmeal w/ <u>Toast</u>	27 16 (10)	Egg Frittata OR <u>Egg Wrap</u> Cinnamon Coffee Cake	0 or 14 53	Waffles w/ <u>Syrup</u> Chicken Biscuit	28 (21) 33	Fruit Muffin <u>Cereal w/ Toast*</u>	64 10
Cheese Pizza	32	Popcorn Chicken w/ <u>Roll</u>	13 (27)	Cheese Dunkers w/ <u>Marinara</u>	29 (8)	Cheeseburger on <u>Bun</u>	5 (28)	Hot Dog on <u>Bun</u> w/Chili	2 (22)
Chicken BBQ on Bun	32	Hot Ham & Cheese Sandwich	30	Crispy Chicken Sandwich	38	Oven Baked Chicken w/ <u>Roll</u>	12 (27)	Fish Filet on Bun	39
Seasoned Peas & Carrots	10	Tossed Salad	0	Steamed Broccoli	0	Parsley Potatoes	13	Oven Baked Potato Wedges	20
Chilled Mixed Fruit	16	Seasoned Vegetable Blend	0	Whole Kernel Corn	16	Baked Apples	27	Cole Slaw	18
Seasoned Green Beans	5	Chilled Applesauce	20	Chilled Pears	18	Veggie Sticks w/ Dip	28	Baked Beans	28
9		10		11		12		13	
Sausage Pancake on a Stick <u>Cereal w/ Toast*</u>	24 10	Chicken Biscuit Cinnamon Toast	33 20	No School		Whole Wheat Pancakes w/ <u>Syrup</u> Sausage Biscuit	30 (21) 27	Pork Sausage Breakfast Pizza <u>Cereal w/ Toast*</u>	17 10
Pepperoni Pizza	33	Crispy Chicken Tenders w/ <u>Roll</u>	12 (27)			Tex Mex Tacos w/ <u>Salsa</u> & Tortilla <u>Chips</u> or <u>Soft Shell</u>	15 (0) (21)(21)	Hot Dog on <u>Bun</u> w/Chili	2 (22)
Turkey Corn Dog	28	Toasted Cheese Sandwich	24			Vegetarian Hot Pocket w/ <u>Marinara</u>	40 (8)	Cheese Enchiladas	53 (for 2)
Glazed Carrots	6	Whole Kernel Corn	16			Shredded Lettuce / Tomatoes	0	Oven Baked Fries	17
100% Fruit Juice	**	Seasoned Green Beans	5			Chilled Peaches	16	Baked Beans	28
Seasoned Peas	0	Chilled Pears	18			Seasoned Vegetable Blend	0	Cole Slaw	18
16		17		18		19		20	
French Toast Sticks w/ <u>Syrup</u> <u>Cereal w/ Toast*</u>	42 (21) 10	Sausage Biscuit Oatmeal w/ <u>Toast</u>	27 16 (10)	Egg Frittata OR <u>Egg Wrap</u> Cinnamon Coffee Cake	0 or 14 53	Waffles w/ <u>Syrup</u> Chicken Biscuit	28 (21) 33	Fruit Muffin <u>Cereal w/ Toast*</u>	64 10
Cheese Pizza	32	Spaghetti w/ <u>Breadstick</u>	34 (11)	Popcorn Chicken w/ <u>Roll</u>	13 (27)	Holiday Turkey w/ <u>Stuffing</u>	5 (25)	Hot Dog on <u>Bun</u> w/Chili	2 (22)
Oven Baked Chicken w/ <u>Roll</u>	12 (27)	Crispy Chicken Sandwich	38	Lasagna w/ <u>Breadstick</u>	31 (11)	Cheeseburger on <u>Bun</u>	5 (28)	Chicken BBQ on Bun	32
Seasoned Peas	0	Seasoned Succotash	18	Steamed Broccoli	0	Seasoned Green Beans	5	Baked Beans	28
Chilled Pears	18	Chilled Applesauce	20	Baked Apples	27	Chilled Peaches	16	Oven Baked Fries	17
Corn on the Cob	38 (for 2)	Glazed Carrots	6	Veggie Sticks w/ Dip	28	Whipped Potatoes	15	Cole Slaw	18
23		24		25		26		27	
Sausage Pancake on a Stick <u>Cereal w/ Toast*</u>	24 10	Chicken Biscuit Cinnamon Toast	33 20	Bagel w/ Cream <u>Cheese</u> & <u>Jelly</u> Cinnamon Bun	36 (0) (Z) 34	No School		No School	
Stuffed Crust Pizza	44	Vegetarian Hot Pocket w/ <u>Marinara</u>	40 (8)	Chicken Nuggets w/ <u>Roll</u>	10 (27)				
Macaroni & Cheese w/ <u>Roll</u>	48 (27)	Hamburger on <u>Bun</u>	0 (28)	Cheesy Nachos w/ Salsa	51				
Seasoned Peas	0	Chilled Pineapples	16	Tossed Salad	0				
100% Fruit Juice	**	Steamed Broccoli	0	Chilled Applesauce	20				
Glazed Carrots	6	Corn on the Cob	38 (for 2)	Seasoned Vegetable Blend	0				
30									
French Toast Sticks w/ <u>Syrup</u> <u>Cereal w/ Toast*</u>	42 (21) 10								
Cheese Pizza	32								
Manager's Choice									
Seasoned Peas & Carrots	10								
Chilled Mixed Fruit	16								
Seasoned Green Beans	5								
* Whole Grain/Reduced Sugar Cereals		Chips as Garnishes		Salad Dressing Packets		Milk Cartons		**100% Juices	
Froot Loops	16	Tortilla Chips	21	Ranch	0	Skim Milk	13	Apple Juice 4 oz	14
Frosted Flakes	25	Potato Chips	8	French	0	1% Milk	13	Grape Juice 4 oz	18
Cinnamon Toast Crunch	22			Italian	0	1% Chocolate Milk	28	Orange Juice 4 oz	12
Trix	21					1% Strawberry Milk	32		