

August Elementary Lunch Carb Count (updated 8-22-25)

Monday	Tuesday	Wednesday	Thursday	Friday
			8-14 Chicken Nuggets 13 & Roll 29 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Fruit Cocktail 13	8-15 Cheese Pizza 26 Breaded Chicken Sandwich 35 Yogurt 22 Mini Pancakes 36 Red Peppers 4 Peaches 14 Wild Cherry Frozen Fruit Cup 18
8-18 Hot Dog 34 Chili 14 Yogurt 22 Mini Pancakes 36 Broccoli 6 Crinkle Cut Carrots 7 Mandarin Oranges 13 Cinnamon Roll 48	8-19 Chicken Tenders 20 Roll 29 Toasted Ravioli 64 Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Shredded Lettuce 2 Potato Triangles 21 Fruit Cocktail 13	8-20 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & Dbl CC Muffin 52 Romaine Salad 2 Skillet Potatoes 19 Pears 13	8-21 Stuffed Crust Peperoni Pizza 35 Teriyaki Chicken 14 w/ Rice 33 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 16 Apple Slices 7 Strawberries & Bananas 6	8-22 Cheeseburger 33 Grilled Cheese 24 Baked Beans 30 Fresh Veggies 3 Pineapple 16 Cookie 24
8-25 Chicken Nuggets 13 & Roll 29 Yogurt 22 Mini Pancakes 36 Mashed Potatoes 19 & Gravy 5 Baby Carrots 13 Mandarin Oranges 13	8-26 Country Breaded Steak Sandwich 38 Cheese Bosco 21 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Baked Beans 30 Romaine Salad 2 Pineapple 16 Vanilla Pudding 28	8-27 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & Blueberry Muffin 42 Grape Tomatoes 3 Broccoli 6 Peaches 14 Applesauce 14	8-28 Chicken Strips 15 & Roll Soft Tacos 31 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Apple Slices 7 Lemon Berry Fruit Swirl 18	8-29 NO LUNCH