

September Elementary Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
9-2 Labor Day	9-3 NO SCHOOL	9-4 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Potato Triangles 21 Baby Carrots 13 Pears 13 Strawberries & Peaches 16	9-5 Stuffed Crust Pepperoni Pizza 35 Soft Tacos 31 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Applesauce 14 Mandarin Oranges 13	9-6 Cheeseburger 32 Fish Sticks 19 & Roll 29 Yogurt 22 & Mini Pancakes 36 Baked Beans 30 Grape Tomatoes 3 Fruit Cocktail 13 Cookie 18
9-9 Mac & Cheese 30 & Roll 29 Drumstick 5 & Roll 29 Yogurt 22 & Mini Pancakes 36 Romaine & Spinach Salad 2 Mandarin Oranges 13 Pineapple 16 Chocolate Pudding 13	9-10 Chicken Strips 11 & Roll 29 Wow Butter Sandwich 28 & String Cheese 0 Sidewinder Fries 26 Green Beans 5 Romaine Salad 2 Rosy Applesauce 22	9-11 Dutch Waffles 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & BB Muffin 42 Cucumbers 3 Pears 13 Pineapple 16	9-12 Chicken Nuggets 11 & Roll 29 Taco Salad 29 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Diced Tomato 2 Fruit Cocktail 13	9-13 Cheese Pizza 26 Breaded Chicken Sandwich 46 Yogurt 22 & Mini Pancakes 36 Red Peppers 3 Applesauce 14 Wild Cherry Frozen Fruit Cup 18
9-16 Hot Dog Chili 15 Yogurt 22 & Mini Pancakes 36 Crinkle Cut Carrots 7 Broccoli 6 Mandarin Oranges 13	9-17 Chicken Tenders 20 & Roll 29 Bosco Stick 34 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Potato Triangles 21 Shredded Lettuce 2 Fruit Cocktail 13	9-18 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Skillet Potatoes 19 Romaine Salad 2 Strawberries & Peaches 16	9-19 Stuffed Crust Pepperoni Pizza 35 Teriyaki Chicken 14 & Rice 33 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 16 Apple Slices 7 Strawberries & Bananas 41	9-20 Cheeseburger 32 Grilled Cheese 24 Yogurt 22 & Mini Pancakes 36 Baked Beans 30 Fresh Veggies 3 Pineapple 16 Cookie 18
9-23 Chicken Nuggets 11 & Roll 29 Yogurt 22 & Mini Pancakes 36 Mashed Potatoes 19 & Gravy 5 Baby Carrots 13 Mandarin Oranges 13	9-24 Country Breaded Steak Sandwich 49 Bosco Stick 34 & Marinara Sauce 5 Wow Butter Sandwich 28 & String Cheese 0 Baked Beans 30 Romaine Salad 2 Pineapple 16 Vanilla Pudding 13	9-25 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & BB Muffin 42 Grape Tomatoes 3 Broccoli 6 Peaches 14 Applesauce 14	9-26 Chicken Strips 11 & Roll 29 Soft Tacos 31 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Apple Slices 7 Lemon Berry Frozen Fruit Cup 18	9-27 Cheese Pizza 26 Breaded Chicken Sandwich 46 Yogurt 22 & Mini Pancakes 36 Peas & Carrots 7 Romaine & Spinach Salad 2 Banana 31
9-30 Chicken Quesadilla 32 Mozzarella Sticks 33 & Marinara 5 Yogurt 22 & Mini Pancakes 36 Potato Smiles 20 Green Beans 5 Romaine Salad 2 Mandarin Oranges 13	9-30 Chicken Tender Bites 17 & Roll 29 Hot Dog 30 Wow Butter Sandwich 28 & String Cheese 0 Corn 15 Broccoli 6 Peaches 14			