

October Elementary Lunch Carb Counts

Monday	Tuesday	Wednesday	Thursday	Friday
		10-1 French Toast Sticks 42 & Sausage 0 Corn Dog 30 Yogurt 14 & DCC Muffin 40 Potato Triangles 28 Baby Carrots 6 Pears 19 Strawberries & Peaches 18	10-2 Stuffed Crust Pepperoni Pizza 29 Rotini & Meatballs 37 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 5 Romaine 2 Orange 15	10-3 Cheeseburger 33 Fish Sticks 19 & Roll 29 Yogurt 14 & Mini Pancakes 36 Baked Beans 30 Grape Tomatoes 4 Fruit Cocktail 13 Cookie 18
10-6 Mac & Cheese 30 & Roll 29 Drumstick 10 & Roll 29 Yogurt 14 & Mini Pancakes 35 Romaine & Spinach Salad 2 Mandarin Oranges 18 Pineapple 17 Chocolate Pudding 18	10-7 Chicken Strips 13 & Roll 29 Wow Butter Sandwich 28 & String Cheese 0 Sidewinder Fries 21 Green Beans 3 Romaine Salad 2 Rosy Applesauce 16	10-8 Dutch Waffles 43 & Sausage 0 Mini Corn Dogs 31 Yogurt 14 & BB Muffin 38 Cucumbers 2 Pears 19 Pineapple 17	10-9 Chicken Nuggets 12 & Roll 29 Taco Salad 29 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 30 Shredded Lettuce 2 Diced Tomato 3 Fruit Cocktail 13	10-10 NO SCHOOL
10-13 Hot Dog 30 Chili 15 Yogurt 14 & Mini Pancakes 36 Crinkle Cut Carrots 7 Broccoli 4 Mandarin Oranges 18	10-14 Chicken Tenders 29 & Roll 29 Toasted Ravioli 64 & Marinara 4 Wow Butter Sandwich 28 & String Cheese 0 Potato Triangles 28 Shredded Lettuce 2 Fruit Cocktail 13	10-15 NO LUNCH	10-16 NO SCHOOL	10-17 NO SCHOOL
10-20 Chicken Nuggets 12 & Roll 29 Yogurt 14 & Mini Pancakes 36 Mashed Potatoes 14 & Gravy 4 Baby Carrots 6 Mandarin Oranges 18	10-21 Country Breaded Steak Sandwich 46 Bosco Stick 25 & Marinara Sauce 4 Wow Butter Sandwich 28 & String Cheese 0 Baked Beans 30 Romaine Salad 2 Pineapple 17 Vanilla Pudding 19	10-22 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 31 Yogurt 14 & BB Muffin 38 Grape Tomatoes 4 Broccoli 4 Peaches 14 Applesauce 15	10-23 Chicken Strips 13 & 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	10-24 Cheese Pizza 33 Breaded Chicken Sandwich 46 Yogurt 14 & Mini Pancakes 36 Peas & Carrots 10 Romaine & Spinach Salad 2 Banana 23
10-27 Chicken Quesadilla 41 Mozzarella Sticks 36 & Marinara 54 Yogurt 14 & Mini Pancakes 36 Potato Smiles 20 Green Beans 3 Romaine Salad 2 Mandarin Oranges 18	10-28 Chicken Tender Bites 22 & Roll 29 Hot Dog 30 Wow Butter Sandwich 28 & String Cheese 0 Corn 22 Broccoli 4 Peaches 14	10-29 French Toast Sticks 42 & Sausage 0 Corn Dog 30 Yogurt 14 & DCC Muffin 40 Potato Triangles 28 Baby Carrots 6 Pears 19 Strawberries & Peaches 18	10-30 Stuffed Crust Pepperoni Pizza 29 Rotini & Meatballs 37 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 5 Romaine 2 Orange 15	10-31 Cheeseburger 33 Fish Sticks 19 & Roll 29 Yogurt 14 & Mini Pancakes 36 Baked Beans 30 Grape Tomatoes 4 Fruit Cocktail 13 Cookie 18