

April Elementary Lunch Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
	4-1 Chicken Tenders 20 & Roll 29 Italian Turkey Sandwich 30 Wow Butter Sandwich 28 & String Cheese 0 Potato Triangles 21 Shredded Lettuce 2 Fruit Cocktail 13	4-2 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Skillet Potatoes 19 Romaine Salad 2 Strawberries & Diced Peaches 16	4-3 Stuffed Crust Pepperoni Pizza 35 Teriyaki Chicken w/Rice 33 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 16 Pears 13 Apple Slices 7	4-4 Cheeseburger 21 Grilled Cheese 24 Yogurt 22 & Mini Pancakes 36 Baked Beans 30 Fresh Veggies 3 Pineapple 16 Cookie 18
4-7 Chicken Nuggets 17 & Roll 29 Yogurt 22 & Mini Pancakes 36 Mashed Potatoes 19 & Gravy 5 Baby Carrots 13 Mandarin Oranges 13	4-8 Country Breaded Steak Sandwich 38 Bosco Stick 21 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Baked Beans 30 Romaine Salad 2 Pineapple 16 Vanilla Pudding 28	4-9 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & BB Muffin 42 Grape Tomatoes 3 Broccoli 6 Peaches 14 Applesauce 14	4-10 Hot Dog 19 Chili 10 Wow Butter Sandwich 28 & String Cheese 0 Corn 15 Orange 11 Lemon Berry Frozen fruit Cup 18 Cinnamon Roll 38	4-11 Cheese Pizza 26 Breaded Chicken Sandwich 35 Yogurt 22 & Mini Pancakes 36 Peas & Carrots 7 Romaine & Spinach Salad 2 Apple Slices 7
4-14 Chicken Tender Bites & Roll 29 Yogurt 22 & Mini Pancakes 36 Potato Smiles 20 Green Beans 5 Romaine Salad 2 Mandarin Oranges 13	4-15 Chicken Quesadilla 39 Mozzarella Sticks 33 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Corn 15 Broccoli 6 Peaches 14	4-16 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Potato Triangles 21 Baby Carrots 13 Pears 13 Strawberries & Diced Peaches 16	4-17 Stuffed Crust Pepperoni Pizza 35 Soft Tacos 31 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Applesauce 14 Banana 31	4-18 Cheeseburger 21 Fish Sticks 19 & Roll 29 Yogurt 22 & Mini Pancakes 36 Baked Beans 30 Grape Tomatoes 3 Fruit Cocktail 13 Cookie 18
4-21 Mac & Cheese 30 & Roll 29 Drumstick 5 & Roll 29 Yogurt 22 & Mini Pancakes 36 Romaine & Spinach Salad 2 Mandarin Oranges 13 Chocolate Pudding 13	4-22 Chicken Strips 15 & Roll 29 Toasted Ravioli 64 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Green Beans 5 Romaine Salad 2 Sidewinder Fries 26 Rosy Applesauce 22	4-23 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & Blueberry Muffin 42 Cucumbers 3 Pears 13 Pineapple 16	4-24 Chicken Nuggets 17 & Roll 29 Taco Salad 29 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Diced Tomatoes 2 Fruit Cocktail 13	4-25 Cheese Pizza 26 Breaded Chicken Sandwich 35 Yogurt 22 & Mini Pancakes 36 Red Peppers 5 Applesauce 14 Wild Cherry Frozen Fruit Cup 18
4-28 Hot Dog 19 Bosco Stick 21 & Marinara Sauce 5 Yogurt 22 & Mini Pancakes 36 Broccoli 6 Crinkle Cut Carrots 7 Mandarin Oranges 13	4-29 Chicken Tenders 20 & Roll 29 Italian Turkey Sandwich 30 Wow Butter Sandwich 28 & String Cheese 0 Potato Triangles 21 Shredded Lettuce 2 Fruit Cocktail 13	4-30 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Skillet Potatoes 19 Romaine Salad 2 Strawberries & Diced Peaches 16		