

February Elementary Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
2-3 Hot Dog 19 Bosco Stick 21 & Marinara Sauce 5 Yogurt 22 & Mini Pancakes 36 Crinkle Cut Carrots 7 Mandarin Oranges 13	2-4 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	2-5 French Toast Sticks 35 & Sausage 0 Corn Dog 30 Yogurt 22 & DCC Muffin 52 Skillet Potatoes 19 Romaine Salad 2 Strawberries & Diced Peaches 16	2-6 Stuffed Crust Pepperoni Pizza 35 Teriyaki Chicken 20 w/Rice 33 = 53 Wow Butter Sandwich 28 & String Cheese 0 California Veggies 16 Pears 13 Apple Slices 7	2-7 NO SCHOOL
2-10 Chicken Nuggets 17 & Roll 29 Yogurt 22 & Mini Pancakes 36 Mashed Potatoes 19 & Gravy 5 Baby Carrots 13 Mandarin Oranges 13	2-11 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	2-12 NO LUNCH	2-13 NO SCHOOL	2-14 NO SCHOOL
2-17 NO SCHOOL	2-18 Chicken Quesadilla 39 Mozzarella Sticks 33 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Corn 15 Broccoli 6 Peaches 14	2-19 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	2-20 Stuffed Crust Pepperoni Pizza 35 Soft Tacos 48 Wow Butter Sandwich 28 & String Cheese 0 Black Beans 20 Shredded Lettuce 2 Applesauce 14	2-21 Cheeseburger 21 Fish Sticks 19 & Roll 29 Yogurt 22 & Mini Pancakes 36 Baked Beans 30 Grape Tomatoes 6 Fruit Cocktail 13 Cookie 24
2-24 Mac & Cheese 30 & Roll 29 Drumstick 5 & Roll 29 Yogurt 22 & Mini Pancakes 36 Romaine & Spinach 2 Mandarin Oranges 13 Pineapple 16 Chocolate Pudding 13	2-25 Chicken Strips 15 & Roll 29 Toasted Ravioli 64 & Marinara 5 Wow Butter Sandwich 28 & String Cheese 0 Green Beans 5 Sidewinder Fries 26 Rosy Applesauce 22	2-26 Dutch Waffle 43 & Sausage 0 Mini Corn Dogs 26 Yogurt 22 & Blueberry Muffin 42 Cucumbers 3 Pears 13 Pineapple 16	1-30 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	1-31 Cheese Pizza 26 Breaded Chicken Sandwich 35 Yogurt 22 & Mini Pancakes 36 Red Peppers 5 Applesauce 14 Wild Cherry Frozen Fruit Cup 18