

CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

NOVEMBER 2025



Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options Offered Daily:

Charcuterie Lunch **33g**

Whole Wheat Bagel **30g**
or Cereal **21-24g**
Low Fat Yogurt **19g**
Cheese Stick **1g**

Yogurt Parfait w/ Homemade
Granola **74g**

Chef Salad w/Crackers **31g**

Sunbutter w/ Jelly on Whole
Wheat Bread **52g**
or
Deli Bar

Choices
Ham, Turkey **2g**
Salami/Pepperoni **1g**
American, Provolone or
Pepper Jack Cheese **1g**

Whole Wheat **25g**
10 Inch Wrap **34g**
Kaiser Roll **27g**
Ciabatta Roll **30g**



3
BBQ Beef Patty
5g
on Whole Grain
Bun **27g**

Baked Beans
29g



10
Baked Chicken
Tenders **13g**
Buttermilk
Biscuit **16g**

Sweet Peas **15g**

17

Hamburger
Cheeseburger **1g**
Whole Grain Bun
27g

Oven Baked
Fries **15g**

24

Bosco Sticks **34g**
w/Marinara
Sauce **4g**

Steamed
Edamame **7g**



No School



No School

18
Nacho Tuesday
Seasoned Beef
4g
Tostitos Scoops
19g
Shredded
Cheese/Salsa
Golden Corn **15g**

25

Egg + Cheese on
Whole Wheat
Croissant **29g**

Baked Smile
Fries **20g**

5
Baked Popcorn
Chicken **20g**
Whole Grain Dinner
Roll **16g**

Roasted Butternut
Squash **10g**

12
French Toast Sticks
37g
Sausage Patties
Baked Potato Puffs
15g

19

Mini Cheese
Ravioli **18g**
Marinara Sauce **4g**

Parmesan Broccoli
6g



Early Dismissal

Pizza **26-35g**

Caesar Salad **8g**

26

6
Baked Potato **30g**
w/Cheese Sauce **4g**
Broccoli Florets **6g**



Garlic Texas
Toast **14g**

13
Early Dismissal
Cheese Quesadilla
39g
Refried Beans **24g**

20

Turkey Dinner
Sliced Turkey
w/Gravy **4g**
Mashed Potatoes
17g
Corn **15g**
Pumpkin Bread
43g

**Happy
Thanksgiving**

7
Stuffed Crust Pizza
31g
(Plain or Pepperoni)

Baby Arugula Salad
4g

14
French Bread
Pizza **29g**

Caesar Salad **8g**



21

Mini Pizza Bagel **24g**
Tossed Salad **4g**

Grams of
Carbohydrates
are in Red

All meals
come with
flavored fat
free milk or
1% milk and
our Rainbow
Fruit and
Veggie Tray

FREE
BREAKFAST
& LUNCH
UNTIL
DECEMBER
23, 2025

CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in RED. All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas 15g, Oranges 15g, Apples & Pears 15-25g, 1/2C of Peaches, Grapes, Mixed Fruit 15g, Unsweetened Apple Sauce 12g, 1/2C of Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery, Cucumbers 3g

Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g

Grams of Carbohydrates in GF Condiments Packets: Ketchup 3g, Package of Ken's Ranch 2g, Package of Ken's Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

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