

CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

JANUARY 2026

Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options Offered Daily:

Charcuterie Lunch 33g

**Whole Wheat Bagel 30g or
Cereal 21-24g**

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

Chef Salad w/Flat Bread 28g

**Sunbutter w/ Jelly on
Whole Wheat Bread 52g**

or
Sandwich of the Week

**Week 1:
Tuna on Whole Wheat 25g**

**Week 2:
Turkey & Cheese on Whole
Wheat 26g**

**Week 3:
Chicken Wrap 47g**

**Week 4:
Ham & Cheese on Whole
Wheat 26g**

<p>5</p> <p>Cheesiest Con Queso 31g w/Salsa</p> <p>Refried Beans 24g</p>	<p>6</p> <p>Pulled BBQ Chicken Sliders 35g</p> <p>Vegetarian Baked Beans 29g</p> 	<p>7</p> <p>Egg + Cheese on Whole Grain Croissant 29g</p> <p>Baked Smile Fries 20g</p> 	<p>8</p> <p>Chicken + Waffle Chicken Tenders 13g</p> <p>Whole Grain Waffle 12g</p> <p>Sliced Carrots 4g</p>	<p>9</p> <p>Pizza Bagel 35g</p> <p>Caesar Salad 8g</p> 
<p>12</p> <p>Soup + Sandwich Toasty Grilled Cheese 27g</p> <p>Warm Tomato Soup 10g</p> 	<p>13</p> <p>Nacho Tuesday Seasoned Beef 4g</p> <p>Tostito Scoops 19g</p> <p>Cheese, Salsa</p> <p>Corn + Black Bean Salad 15g</p>	<p>14</p> <p>French Toast Sticks 37g</p> <p>Sausage Patties 1g</p> <p>Baked Potato Puffs 15g</p>	<p>15</p> <p>Baked Chicken Nuggets 13g</p> <p>Texas Toast 14g</p> <p>Roasted Squash 4g</p>	<p>16</p> <p>Stuffed Crust Pizza 31g</p> <p>Baby Spinach Salad 3g</p> 
<p>19</p>  <p>No School</p>	<p>20</p> <p>Hamburger or Cheeseburger 1g</p> <p>Whole Grain Bun 27g</p> <p>Baked Potato Wedges 15g</p>	<p>21</p> <p>Penne Pasta 41g</p> <p>w/Alfredo Sauce 8g</p> <p>Broccoli Florets 6g</p> 	<p>22</p> <p>Winner Winner Chicken Dinner Roasted Chicken</p> <p>Brown Rice 35g</p> <p>Glazed Carrots 6g</p> 	<p>23</p> <p>Personal Pizza 30g</p> <p>Garden Tossed Salad 4g</p>
<p>26</p> <p>Grilled Chicken Filet Sandwich on WG Kaiser Roll 27g</p> <p>w/Lettuce, Tomato + Ranch Dressing</p>  <p>Green Beans 4g</p>	<p>27</p> <p>Pasta w/Meatballs 41g</p>  <p>Tossed Salad 4g</p>	<p>28</p> <p>Baked Popcorn Chicken 20g</p> <p>Garlic Breadstick 15g</p> <p>Parmesan Broccoli 6g</p>	<p>29</p> <p>Tacos Taco Shells 18g</p> <p>Seasoned Beef 4g</p> <p>Lettuce, Tomato, Cheese, Salsa,</p> <p>Golden Corn 15g</p>	<p>30</p> <p>Pizza 26-35g</p>  <p>Caesar Salad 8g</p>



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

FREE
BREAKFAST
& LUNCH
Daily



CARBOHYDRATE COUNTING GUIDE



FREE
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Grams of
Carbohydrates
are in Red

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**

The Food & Nutrition Department is Hiring!

Part Time & Sub Positions Available
Call 860-354-3712

