

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**

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

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

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

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The Food & Nutrition Department is Hiring!

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