

CARBOHYDRATE COUNTING SARAH NOBLE 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**
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**
Tuna
Salami/Pepperoni **1g**
American, Provolone or
Pepper Jack Cheese **1g**

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

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**



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



Green Beans **4g**

²⁷
Pasta
w/Meatballs **41g**



Tossed Salad **4g**

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**



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



FREE
BREAKFAST
& LUNCH
Daily

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

