

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



19
MLK DAY

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

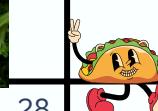


22
**Winner Winner
 Chicken Dinner**
 Roasted Chicken
 Brown Rice 35g

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

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

FREE
BREAKFAST
& LUNCH
Daily

The Food & Nutrition Department is Hiring!

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