



# CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

## MARCH 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: Ham & Cheese on Whole Wheat 26g**

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

**Week 3: Tuna on Whole Wheat 25g**

**Week 4: Chicken Wrap 47g**

**Week 5: Turkey & Cheese on Whole Wheat 26g**

2

**Meatless Monday**  
Cheese Quesadilla  
38g  
w/Salsa

Refried Beans 24g



3

Penne Pasta 31g  
w/Meatballs 4g  
& Sauce 4g

Baby Arugula Salad 3g



4

**Early Dismissal**  
Baked Chicken  
Patty 13g  
on Whole Grain  
Bun 27g

Roasted Zucchini 3g



5

Grilled Chicken  
Fillet Sandwich on  
Whole Grain Kaiser  
Roll 27g

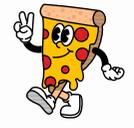
Lettuce/Tomato/  
Ranch Dressing

Baked Emoji Fries 20

6

Stuffed Crust  
Pizza 31g

Tossed Garden  
Salad 3g



9

**Meatless Monday**  
Baked Mozzarella  
Sticks 33g  
w/Marinara Sauce 4g

Parmesan  
Broccoli 3g

10

**Nacho Tuesday**  
Seasoned Beef 4g  
Tostito Scoops 19g  
Cheese, Salsa



Corn + Black Bean  
Salad w/Diced Red  
Peppers 15g

11

Baked Popcorn  
Chicken 20g  
Whole Grain Biscuit 16g

Roasted Beets 6g  
(Vibrant Farms in  
Bantam CT)



12

**NEW ITEM**

**Late Opening - 2 Hrs**  
Sweet Cheese  
Pierogies 28g  
(Locally Made in CT)  
Warm Waffle 12g  
w/Syrup 18g



100% Fruit Juice 14g  
Vegetables 3g  
w/Ranch Dip 2g

13

Pizza Bagel 35g



Caesar Salad 5g



As of March 1st, Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th.



**Breakfast**

**NATIONAL SCHOOL BREAKFAST WEEK (MARCH 2-6).**  
**“The Quest For School Breakfast”**  
**GIVE THE SCHOOL BREAKFAST A TRY & BREAKFAST IS FREE**



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<p><b>Meatless Monday 23</b> Egg + Cheese on a Whole Grain Croissant <b>29g</b></p> <p>Baked Smile Fries <b>20g</b></p>	<p style="text-align: right;">24</p> <p><b>Taco Tuesday</b> Seasoned Beef <b>4g</b> Corn Tacos <b>18g</b> Lettuce, Tomato, Salsa</p> <p>Golden Corn <b>15g</b></p>	<p style="text-align: right;">25</p> <p>Baked Chicken Tenders <b>13g</b> Texas Toast <b>14g</b></p> <p>Sweet Peas <b>15g</b></p>	<p style="text-align: right;">26</p> <p><b>Opening Day of Baseball</b> All American Hot Dog <b>2g</b> on Whole Grain Roll <b>25g</b></p> <p>Baked Beans <b>29g</b></p> <p>Popcorn <b>9g</b></p>	<p style="text-align: right;">27</p> <p>Pizza <b>26-35g</b></p> <p>Caesar Salad <b>5g</b></p> 	

30

**Meatless Mondays**  
Pizza Crunchers **42g**



Roasted Cauliflower **3g**

31

Hamburger or Cheeseburger on Whole Grain Bun **27g**



Baked Crinkle Fries **15g**



**DISCOVER THE POWER OF NUTRITION**  
NATIONAL NUTRITION MONTH® 2026

# CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in Red

As of March 1st, Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th.



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

