

CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU APRIL 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Alternate Lunch Options Offered Daily:

Charcuterie Lunch **33g**

Whole Wheat Bagel **30g**
or Cereal **21-24g**
Cheese Stick **1g**
Yogurt **19g**

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:

Turkey & 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**

<p>Free + Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th</p>	<p>Special Charcuterie Lunch Box (Offered for First 2 Weeks of April) Chocolate Hummus 15g, String Cheese 1g Sliced Apples 8g Crackers 30g</p>	<p> 1 Mixed Up Chicken 19g Funny Face Fries 20g Giggle Carrots 3g Scooby Snacks 21g</p>	<p>2 Personal Pizza 30g (Plain or Pepperoni) Bunny Bowl of Vegetables 3g + Dip 2g Honey Bunnies 25g</p> <p></p>	<p>3 No School</p> <p>Good Friday</p>
<p>6 Pizza Crunchers 42g Green Beans 3g</p> <p></p>	<p>7 Taco Tuesday Corn Taco Shells 18g Seasoned Meat 4g Lettuce/Tomato Salsa/Shredded Cheddar Refried Beans 24g</p>	<p>8 Penne Pasta 31g w/Meatballs 4g Sauce 4g Caesar Salad 5g</p>	<p>9  Mini Confetti Pancakes 36g Sausage Patties Baked Smile Fries 20g</p>	<p>10 Stuffed Crust Pizza 35g Fresh Tossed Salad 3g</p>

Spring Break

<p>20 Bosco Sticks 34g w/Marinara Sauce 4g Steamed Edamame 7g</p>	<p>21 Asian Chicken 19g Brown Rice 35g Broccoli Florets 3g</p>	<p>22 Hamburger or Cheeseburger on Whole Grain Bun 27g  Oven Baked Fries 15g</p>	<p>23 Baked Popcorn Chicken 20g Garlic Breadstick 15g Sweet Peas 15g</p>	<p>24 Pizza Bagel 35g Caesar Salad 5g</p> <p></p>
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<p>27 Egg + Cheese on Whole Grain Croissant 29g Oven Potato Puffs 15g</p>	<p>28 Nacho Tuesday Seasoned Beef 4g Tostito Scoops 19g w/Salsa, Cheese Black Bean + Corn Salad 15g</p>	<p>29 Chicken Patty 13g on Whole Grain Bun 27g Roasted Squash 3g</p>	<p>30 Cheese Quesadilla 38g w/Salsa Golden Corn 15g</p>	<p>All Meals come with flavored fat free milk or 1% milk and Our Rainbow Fruit & Veggie Tray!</p>
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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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