

# CARBOHYDRATE COUNTING SARAH NOBLE 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**  
**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**

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

**Spring Break**

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