

CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU NOVEMBER 2026

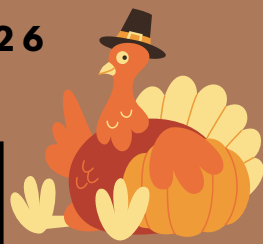
Monday

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**
Salami/Pepperoni **1g**
American, Provolone or
Pepper Jack Cheese **1g**

Whole Grain Bread **24g**
Whole Grain Wrap **28g**
WG Kaiser Roll **30g**
WG Crown Roll **27g**

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

Roasted Cauliflower
3g



Hamburger or
Cheeseburger on
Whole Grain Bun
29g
Baked Crinkle Fries
15g

Pizza Crunchers
42g

Steamed
Edamame **7g**



Black Bean Burger
25g
on Whole Grain
Bun **29g**
w/Salsa, Sour Cream
Baked Crinkle Fries
15g

Macaroni + Cheese
26g
Garlic Breadstick
15g
Roasted Broccoli **3g**



No School

Nacho Tuesday
Tostito Chips **19g**
Seasoned Beef **4g**
w/Shredded
Cheese + Salsa
Refried Beans **24g**

Grilled Cheese on
Whole Grain Bread
26g

Warm Tomato
Soup **10g**

Baked Popcorn
Chicken **20g**
Whole Grain
Dinner Roll **15g**

Roasted Butternut
Squash **10g**

Chicken Tenders **13g**
w/Garlic Breadstick
15g
Roasted Squash **3g**

Apple Nachos w/Local
Apples **30g**



No School

Pasta w/Meatballs
39g

Kale Salad w/Local
Honey Balsamic
Dressing **3g**



Early Dismissal
Pizza **29-35g**

Caesar Salad **5g**

Early Dismissal
BBQ Rib **5g**
WG Bun **29g**

Baked Beans **29g**

French Toast Sticks **37g**
Sausage Patties

Baked Potato Puffs **15g**

Thanksgiving Gathering
Sliced Turkey w/Gravy **4g**
Cranberry Sauce **6g**
Mashed Potatoes **15g**
Golden Corn **15g**

Gobble Gobble Treat **18g**

Stuffed Crust Pizza
35g

Tossed Green
Salad **3g**

Personal Pizza **30g**
(Plain or Pepperoni)

Kale Salad w/Local
Honey Balsamic
Dressing **3g**

Pizzeria Style Pizza
29g

Caesar Salad **5g**



LUNCH MEAL
PRICES
REDUCED:
\$0.00
FULL PAY: \$2.85

BREAKFAST
IS FREE FOR
STUDENTS
K-12

All meals
come with
flavored fat
free milk or
1% milk and
our Rainbow
Fruit and
Veggie Tray



LUNCH MEAL
PRICES
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BREAKFAST
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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

1 Packet of Syrup 18g

Milk Choices Unflavored 13g, Strawberry 18g, Chocolate 18g

Grams of Carbohydrates in 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

