CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

DECEMBER 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
All meals come with flavored fat free or 1% milk and our Rainbow Fruit & Veggie Tray!	1 Asian Chicken 19g Brown Rice 35g Steamed Edamame 7g	2 Egg + Cheese Croissant Sandwich 29g Smile Fries 20g	3 Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Roasted Zucchini 3g	4 Stuffed Crust Pizza 35g Baby Spinach Salad w/Local Honey Balsamic Dressing 3g
7 Grilled Cheese 26g Warm Tomato Soup 10g	8 **Taco Tuesday** Seasoned Beef 4g Corn Tacos 18g Lettuce, Tomatoes, Shredded Cheddar, Salsa Refried Beans 24g	9 **Breakfast for Lunch** Mini Confetti Pancakes 36g Sausage Patties Baked Potato Puffs 15g	10 **Early Dismissal** Baked Chicken Patty 13g Whole Grain Bun 29g Diced Carrots 3g	11 French Bread PIzza 33g (Plain or Pepperoni) Baby Spinach Salad 3g
14 Cheese Quesadilla 39g w/Salsa Corn and Black Bean Salad 15g	15 Hamburger or Cheeseburger on Whole Grain Bun 29g Baked Crinkle Fries 15g	16 **Chilly NIght Chili 11g** Snowman Pretzel 30g Roasted Carrots 3g	17 Baked Popcorn Chicken 20g Garlic Breadstick 15g Roasted Beets 5g Polar Pears 19g	18 Pizza Bagel 35g Tossed Salad 3g
21 **First Day of Winter** **Winter ABC Nuggets 16g** **A is For Artic** **B is For Blizzard** **C is for Celebration** Snowflake Roll 18g Brr Broccoli 3g Festive Cookie 22g	22 **Nacho Tuesday** Tostito Scoops 19g Seasoned Beef 4g Salsa, Shredded Cheese Golden Corn 15g	23 **Early Dismissal** Pizza 29-35g Assorted Rainbow Vegetable Cups 3g		

BREAKFAST IS FREE FOR STUDENTS K-12

Lunch Meal Prices
Reduced/Free: $0.00
Full Pay: $2.85

Happy Holidays from the Food & Nutrition Department

Holiday Recess From December 24th -January 3rd

Menu subject to change - This institution is an equal opportunity provider

CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in Red

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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

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