

April 2021 DG & LPC Elementary Carb Count LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Sweet Potato fries 20g Carrots fresh 6g Peaches 14g Milk 12-25g	2 No school
5 No School	6 Hamburger 2g on bun 30g Broccoli Fresh 12g Carrots fresh 6g Mandarin Oranges 23g Milk 12-25g	7 Cheese pizza 35g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	8 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	9 Spaghetti w/meat sauce 34.24 & garlic breadstick 13g Corn 13g Carrots fresh 6g Pears 20g Milk 12-25g
12 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	13 Mini Corndogs 26g Corn 13g Carrots fresh 6g Banana 18g Milk 12-25g	14 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g	15 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple Slices 11.5g Milk 12-25g	16 Macaroni & Cheese 27.44g Garlic breadstick 13g Peas 12g Carrots fresh 6g Mixed fruit 19g Milk 12-25g
19 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	20 Brd Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Side Kick Fruit Juice 22g Milk 12-25g	21 Pepperoni pizza 36g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	22 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	23 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g
26 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	27 Grilled Cheese Sandwich 33g Broccoli fresh 12g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	28 Queso cheese 2g & beef 4.5g Nachos-chips 28g Lettuce & tomato 2.5g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	29 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Sweet Potato fries 20g Carrots fresh 6g Banana 18g Milk 12-25g	30 Shrimp Poppers 21g w/1 cheese filled breadstick 15g Corn 13g Carrots fresh 6g Peaches 14g Milk 12-25g
			This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.