

Elementary Carb Menu

**** Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily**

May 2017

Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8	9	10
Chicken Tenders (3)	15	Personal Pan Pizza	39	6 pc. Mini Turkey Corn Dogs	27	2-Classic Cheese Bosco Breadsticks	30	Cinco De Mayo!!! Walking Taco	
1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	Cheese, Pepperoni or Veggie	1	1-Ketchup & 1-Mustard	2,0	Pizza Dipping Sauce	15	Seasoned Chicken, Tortilla Chips, Cheddar Cheese, Shredded Lettuce	31
Roasted Mediterranean Blend Vegetables	8	Fresh Baby Carrots	8	Golden Corn Niblets	16	Pumpkin Spice Yogurt Parfait		Mild Salsa, 2 oz.	4
Soft Pretzel Stick	30	Ranch Dressing	4			w/Rainbow Sprinkles	14	Santa Fe Blend Vegetables	12
SideKicks Fruit Slushie	22	Blue Raspberry Applesauce	22	Fresh Banana	27	Craisins	28	100% Fruit Key Lime Sorbet	19
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23
CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO
New!!! Crispy Breaded Chicken	5	Bosco Stuffed Crust Pizza	34	Popcorn Chicken, 10 pc	20	New!!! Rotini Pasta		Apple Cinnamon Texas Toast	45
Creamy Mac & Cheese	24	Cheese, Pepperoni or Veggie	1	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	w/Italian Meat Sauce	24	Perdue Turkey Sausage Link, 2 pc	0
Fresh Baby Carrots	8	Hummus and Veggie Sticks		Parisian Carrots	11	Ultimate Cheesy Garlic Bread	29	2- Hash Brown Squares	29
Golden Kernel Corn	16	(Carrots, Celery)	20	Assorted Bread Choice	20	The "Baby Green Salad"			
Whole Grain Teddy Grahams	21	Ranch Dressing	4			Romaine & Spinach Blend		Mild Salsa, 2 oz.	4
100% Fruit Juice	15	Fresh Banana	27	Chilled Fruit Cup	17	w/Edamame	13	100% Fruit Juice	15
						Ranch or Italian Dressing	4,1		
						Luigi's 100% Fruit Juice			
						Italian Ice Sorbet	19		
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23
CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO
15	CHO	16	CHO	17	CHO	18	CHO	19	CHO
Bosco Cheddar Pretzel Breadsticks (2)	54	Big Daddy Pizza	34	SUPER SAMPLER!!!!		6" Jenny-Lin's Submarine Sandwich		3 pc. Cinnamon French Toast Sticks	31
Ranch Dipping Cup	4	Cheese, Pepperoni or Veggie	1	4!!! - Boneless Chicken Wings	12	Ham, Turkey, Salami, Cheese, Shredded Lettuce		2- Hash Brown Squares	29
		The "Big Antipasto Salad"				on a Fresh Bakery Bun	30		
		12 oz cup Romaine & Spinach Blend, Ham, Salami, Mozzarella Cheese, 2 sliced Cuke, 1 Grape Tomato	4	2!!! - Breaded Mozzarella Cheese Sticks	12	Ranch or Italian Dressing	4,1	Mild Salsa, 2 oz.	4
Golden Kernel Corn	16	1 oz. Edamame package	10	Ranch Dressing Cup	4	Creamy Cole Slaw	3	1-String Cheese Stick	1
		Ranch or Italian Dressing	4,1	1!!! - Smashed Baked Potato	21	Baked Ruffles Cheddar Chips	17		
				Chocolate Chip Gripz Grahams	22				
100% Fruit Juice	15	Blue Raspberry Applesauce Cup	22	Fresh Apple Slices	7	Fresh Watermelon Chunk Cup	22	Chilled Pineapple Cup	22
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13
Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23
CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO
22	CHO	23	CHO	24	CHO	25	CHO	26	CHO
Chicken Nuggets (5)	12	Bosco Stuffed Crust Pizza	34	Popcorn Chicken, 10 pc (1 bread, 2 meat)	20	Big Beef Burger with or without Cheese	1,2		
1-BBQ Sauce, 2-Ketchup or Ranch	8,4,4	Cheese, Pepperoni or Veggie	1	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	on a Fresh Bakery Bun	22		
Tator Tots	27	Fresh Veggie Cup		Plain or Cheesy Broccoli Cuts	4,6	Seasoned Potato Stix, 4 oz.	34	No School	
Assorted Cereal Pouches	21	Tomato, Cucumber, Broccoli	4	Assorted Whole Grain Breads	20	Baked Beans	29	Memorial Day Weekend	
		Ranch Dressing Cup	4						
						Luigi's Sorbet			
Chilled Fruit	17	Fresh Banana	27	Amazin' Strawberry Raisins	25	100% Fruit Juice	19		
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13		
Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23	Chocolate Milk	23		
CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO	CHO
29	CHO	30	CHO	31	CHO				
Memorial Day		Big Daddy Pizza	34	Fresh Popcorn Chicken Salad Popcorn Chicken, 10 pc The "Big Green Salad" 12 oz cup Romaine & Spinach Blend, 2 sliced Cuke, 1 Grape Tomato	23	DISCLAIMER: The following carbohydrate list for the 2016-17 school year is based entirely on information provided by the manufacturers or distributors of the associated products. The District has not made any attempt to verify the information provided by the manufacturers or distributors, nor can the District represent or warrant the provided information is complete, accurate or fit for any particular purpose. Additionally, manufacturers and distributors sometimes change their recipes or the quantity of the products they provided in a serving. Such changes may result in changes in carbohydrate content. The District strongly recommends that students and others take independent measures to monitor carbohydrate intake. The District also strongly recommends that diabetic patients consult their physicians and follow medical and other advice concerning carbohydrate intake and necessary steps to insure blood sugars are maintained at appropriate levels. Questions regarding this list and disclaimer may be addressed to Robert Brady, Director of Food and Nutrition Services, 586-797-1180			
No School		Cheese, Pepperoni or Veggie	1	1 oz. Edamame package	10				
		Green Beans	8	Ranch or Italian Dressing	4,1				
		Applesauce Cup	22	1-BBQ Sauce or 2-Ketchup	8,4				
				Cheeze-Its	14				
		Amazin' Strawberry Raisins	25	100% Fruit Juice	15				
		Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13				
		Chocolate Milk	23	Chocolate Milk	23				