

Elementary Carb Menu		** Edamame and Fresh Baby Green Salad with Ranch or Italian Dressing offered Daily					Oct-17		
2	CHO	3	CHO	4	CHO	5	CHO	6	
rotini pasta w/ meat sauce	25	Big Daddy Pizza	34	SUPER SAMPLER!!!!		6 Jenny-Lin's Submarine Sandwich Ham, Turkey, Salami, Cheese, Shredded Lettuce		NEW !Eggo Cinnamon mini waffles	35
garlic bread		Cheese, Pepperoni or Veggie Dominos Cheese & pep pizza	1 29	4!!! - Boneless Chicken Wings	12	on a Fresh Bakery Bun	30	2- Hash Brown Squares	29
cheesy green beans	15	The "Big Antipasto Salad" 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	baby carrots	8
parm cheese packet	0	1 oz. Edamame package	10	Ranch Dressing Cup	4			1-String Cheese Stick	1
		Ranch or Italian Dressing	4,1	celery sticks	1	Baked Ruffles Cheddar Chips	17		
Luigi lemon ice	19	peaches	14	scooby snacks	21			fresh Pineapple Cup	17
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13	Fresh Apple Slices	7	juice	16	Assorted 1% or FF Milks	13
Chocolate Milk	23	Chocolate Milk	23	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
9		10		11		12		13	
Chicken Nuggets (5)	12	Bosco Stuffed Crust Pizza	34	Popcorn Chicken, 10 pc	20	2-Classic Cheese Bosco Breadsticks	30	NEW !Eggo maple pancakes	35
1-BBQ Sauce, 2-Ketchup or Ranch	8,4,4	Cheese, Pepperoni or Veggie Dominos Cheese & pep pizza	1 29	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	Pizza Dipping Sauce	15	Hash Brown Squares (2)	29
Tator Tots	27	Fresh Veggie Cup		despicable me grahams	21	Pumpkin Spice Yogurt Parfait	14		
bug bites	23	Tomato, Cucumber, Broccoli	4	Plain or Cheesy Broccoli Cuts	4,6			Turkey Sausage Link, 2 pc or	0
		Ranch Dressing Cup	4	banana	27	Craisins	28	100% Fruit Juice	16
diced peaches	14	juice	16	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
Assorted 1% or FF Milks	13	Assorted 1% or FF Milks	13						
Chocolate Milk	23	Chocolate Milk	23						
16		17		18		19		20	
New!!! Pizza crunchers	22	Big Daddy Pizza	34	Popcorn Chicken, 10 pc	20	NEW!!! Walking Taco Seasoned beef, Tortilla Chips, Cheddar Cheese, Shredded Lettuce	31	New Choc chip French toast	35
		Cheese, Pepperoni or Veggie Dominos Cheese & pep pizza	1 29	1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4			Perdue Turkey Sausage Link, 2 pc	0
1 oz. Edamame package	10	Hummus and Veggie Sticks (carrots, celery)	20	The "Baby Green Salad", Romaine & Spinach Blend, w/Edamame	13	salsa	4	hash brown cubes	25
The "Big Antipasto Salad" 12 oz cup Romaine & Spinach Blend, Ham, Salami, Mozzarella Cheese, 2 sliced Cuke, 1 Grape Tomato	4	Ranch Dressing	4	Cheez-Its	14	Santa Fe Blend Vegetables	12	100% Fruit Juice	16
		100% Fruit Juice	16	banana	27			yogurt	14
Luigi's 100% Fruit Juice						Fresh Apple Slices	7		
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
23		24		25		26		27	
Chicken Tenders (3)	15	Personal Pan Pizza	39	KUNG FU PANDA CHICKEN		Big Beef Burger with or without Cheese	1,2	Grilled Cheese Sandwich	31
1-BBQ Sauce, 2-Ketchup, or Ranch	8,4,4	Cheese, Pepperoni or Veggie Dominos Cheese & pep pizza	1 29	Popcorn Chicken, 10 pc	20	on a Fresh Bakery Bun	22	Crisp Pickle Spear	0
Golden Kernel Corn	16	Fresh Baby Carrots	8	vegetable fried fried 1/2 cup	27,5	Baked Beans	29	Fresh Veggie Cup	3
Halloween pretzel	30	Ranch Dressing	4	fortune cookie	8	Amazin' Strawberry Raisins	25	rice krispy treat	30
Side Kick Fruit Slushie	22	Blue Raspberry Applesauce	22	sweet & sour packet	11			juice	16
				apple slices	7	Crispy Potato Smiles (4)	20		
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
30		31							
New!!! Crispy Breaded Chicken Drumstick	5	no lunch							
Creamy Mac & Cheese	24								
Green beans	4								
halloween shape up	22								
Assorted 1% or FF Milks	13								
Chocolate Milk	23								

DISCLAIMER: The following carbohydrate list for the 2017-18 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