

Elementary Menu

Breakfast and Lunch Carbohydrate Counts

K-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Banana Chocolate Bar 48 g Chicken Tenders 16 g <i>with Biscuit</i> 15 g or Corn Dog 30 g Sweet Potato Waffle Fries ½ Cup 30 g Corn ½ Cup 15 g	Mini Blueberry Pancakes 35 g Yogurt Bento Box (TOTAL) 59 g <i>Yogurt ½ cup</i> 22 g <i>2 pc Mini Flatbread</i> 25 g <i>Fruit and Veggies</i> 12 g or Beef Tamales 2 21 g Fiesta Black Beans ½ Cup 20 g Taco Salad ½ Cup 2 g	Egg and Potato Taco 18 g Hamburger /Cheeseburger 30 g or Ham and Cheese Sandwich 32 g Burger Salad ½ Cup 2 g Emoji Fries ½ Cup 18 g	Morning Sausage Roll 25 g Spaghetti w/ Meatballs 34 g or Ciabatta Melt 28 g Seasoned Cucumbers ½ Cup 3 g Seasoned Jicama ½ Cup 8 g	Banana Bread Loaf Slice 45 g Pepperoni Pizza 29 g or Bean and Cheese Pupusa 35 g 1 pk Fresh Baby Carrots 7 g
WEEK 2	Concha 33 g Corn Dog 30 g or Ham and Cheese Sandwich 32 g Broccoli ½ Cup 4 g Sweet Potato Waffle Fries 30 g	Breakfast Round 44 g Apple & Grape Chicken Salad with Flatbread 20 g 25 g or Frito Pie 44 g Refried Beans ½ Cup 28 g Cherry Tomato Cucumber Salad 3 g	Bean and Cheese Taco 29 g Hamburger/Cheeseburger 30 g or Yogurt Bento Box (TOTAL) 59 g Burger Salad ½ Cup 2 g Emoji Fries ½ Cup 18 g	Marranito 41 g Tex-Mex Baked Potato 27 g <i>Biscuit</i> 15 g or Chicken Nuggets 16 g Mashed Potato ½ Cup 15 g Seasoned Cucumber ½ Cup 3 g	Chicken Sausage Bites 17 g Pepperoni Pizza 29 g or Cheese Sticks with Marinara 32 g 7 g 1 pk Fresh Baby Carrots 7 g
WEEK 3	Pancake on a Stick 17 g Pepperoni PinWheel 36 g or Chicken Tenders with Biscuit 16 g 15g Corn ½ Cup 15 g Broccoli ½ Cup 4 g	Sweet Potato Muffin Top 43 g Conchitas con Pollo 27 g or Beef Tamales 2 21 g Fiesta Black Beans ½ Cup 20 g Seasoned Cucumbers ½ Cup 3 g	Yogurt Parfait 27 g Breakfast Round 44 g Hamburger/Cheeseburger 30 g or Hot Dog 29 g Burger Salad ½ Cup 2 g Emoji Fries ½ Cup 18 g	Blueberry Cheese Stick 24 g Oven Roasted Chicken w/ ½ c Brown Rice 6 g 22 g or Yogurt Bento Box (TOTAL) 59 g Cherry Tomato Cucumber Salad 3 g Seasoned Jicama ½ Cup 8 g	Mini Waffles 36 g Pepperoni Pizza 29 g or Garlic Bread Pull Aparts w/ Marinara 32 g 7 g 1 pk Fresh Baby Carrots 7 g

Breakfast Cereal 2 oz Bowl Options:

Coco Puffs	47 Grams
Lucky Charms	46 Grams
Cinnamon Toast Crunch	44 Grams
Blueberry Chex	46 Grams