

January 2012

Elementary Monday		Elementary Tuesday		Carbohydrate Information Wednesday		Thursday		Menu subject to Change Friday	
2	CHO	3	CHO	4	CHO	5	CHO	6	CHO
				2 - Bosco Cheese Breadsticks	56	2 pc. Chicken Tenders	12	Mini Chocolate Chip Pancake Bag	41
				(meatless)		served with		served with	
						1-BBQ sauce cup or 2 ketchup	8	Perdue Turkey Sausage Link, 2 pc.	1
				Pizza dip sauce	10	Cheese, String (1oz.)	1	1- Crispy Potato Triangle	12
						Fruit Muffin	25	1-Ketchup	2
				Fruit Cocktail with cherry	18	Cheddar Broccoli	7	Fresh Banana or Fruit Juice,	22.84 or 15
								if available	
						Side Kick Fruit Slushie	20		
				Milk, White1%	11	Milk, White1%	11	Milk, White1%	11
9	CHO	10	CHO	11	CHO	12	CHO	13	CHO
Nacho - Elementary Beely Nacho (Tostitos, Zz. Meat, 1 cup cheese)	27	Pizza, Big Daddy Pizza Wedge	37	Popcorn Chicken, 10 pc.	17	Buy 1 get 1 free Slider Burgers	28	Egg Colby Omelet	3
1 -Taco Sauce	1	(meatless) served with		1-BBQ sauce cup or 2 ketchup	8	on pretzel buns		(meatless) served with	
Corn & Black Bean Salsa or Fresh baby carrots, 1 oz. Lowfat Ranch Cup	21 or 15	The "Big Salad" 3 z lettuce, 2 sliced cuke, 1 grape tomato, 1 or Fresh baby carrots, 1 oz. Lowfat Ranch Cup	9 or 15	Soft Wheat Dinner Roll or Assorted Bread Choice, if avail.	20 or 20	1-Mustard and 2 Ketchup	4	1-Ketchup	2
Luigi's Fruit Sherbet (Orange)	27			Cheddar Broccoli or baby green salad, 1 small dressing, if available	7 or 2	or Cheddar Broccoli, if available		1- Crispy Potato Triangle or 3-6 pc. Roasted baby baker Potatoes	12 or 15
		Fruit, Apple & Grape Mix (giggles)	10	Fruit, Apple & Grape Mix (giggles)	10 or 18	Luigi's Fruit Sherbet (Orange),		Chilled Fruit or	18 or 27
				or Chilled Fruit, if available		if available			
Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11
16	CHO	17	CHO	18	CHO	19	CHO	20	CHO
No School		2 - Bosco Cheese Breadsticks	56	Chicken Filet on Flat Out Bread	26				
		(meatless)		served with					
				1- 12 gm Ranch	2				
		Pizza dip sauce	10	1- Crispy Potato Triangle	12				
		Watermelon Jello	21	Sunkist Fresh Pineapple Spear	10				
		Milk, White1%	11	Milk, White1%	11				
23	CHO	24	CHO	25	CHO	26	CHO	27	CHO
Soft Chicken Taco (6" shell, 2.0z Chix Fajita, 1/2z Cheddar) seasoned chicken breast, cheddar cheese, 6" flour shell	16	Fresh Thick Square Pizza	43	Popcorn Chicken, 10 pc.	17	Flamebroiled Burger on Bun	31	Mini Chocolate Chip Pancake Bag	41
2 -Taco Sauce	2	(meatless) served with		served with		1-Mustard & 1 Ketchup	2	served with	
Corn & Black Bean Salsa	21	Fresh Baby Carrots, 1 oz. Lowfat Ranch Cup	15	1-BBQ sauce cup or 2 ketchup	8	Romaine Lettuce, 1 oz.	1	Perdue Turkey Sausage Link, 2 pc.	1
				Assorted Bread Choice	20	Potato, Crispy No Guilt Crinkle Fries	18	1- Crispy Potato Triangle	12
				Cheddar Broccoli or	7 or 15	(98% fat free - Enjoy!)		1-Ketchup	2
		Cling Peaches	18	Fresh Baby Carrots, 1-ranch cup, if available		Chilled Fruit or Fresh Cantaloupe,	18 or 14		
Apple Chips Snapz	11			Fresh Diced Cantaloupe or	14 or 18.26	if available		Apple & Eve Juice Tangerine	15
				Cling Peaches, if available					
Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11
30	CHO	31	CHO	1	CHO	2	CHO	3	CHO
5 pc. Chicken Nuggets	11	Pizza, Bosco Stuffed Crust Square Pizza	42	Popcorn Chicken, 10 pc.	17	Chicken Filet on Flat Out Bread, (Elem.)	26	3 pc. Cinnamon Glazed Fresh Toast Sticks	28
served with		served with		served with		served with		(meatless) served with	
1-BBQ sauce cup or 2 ketchup	8	The "Big Salad" 3 z lettuce, 2 sliced cuke, 1 grape tomato, 1	9	1-BBQ sauce cup or 2 ketchup	8	1- 12 gm Ranch, dressing	2	Dannon Crunch Cup Yogurt	19
Cheese, String (1oz.)	1			Mini Loaf, blueberry or Mini Bagel, if avail.	25 or 13			Apple & Eve Juice Tangerine	15 or 7.83
Bagel, Mini	13	Cling Peaches	18	Fresh Celery Sticks, 2oz.	1	3 Bean Salad, 4z (1.5z G. Beans, 1zEdamame, 1zGarbanzo)	23	or Fresh Apple Wedges in bag	
Fresh Frozen Green Beans	6			Dressing - 1 oz. Ranch dressing	7	Fresh Apple Wedges in bag	7.83	Fresh Orange Sections, 4 oz.	16
Chilled Fruit	18			Fresh Apple Wedges in bag	7.83	Smart Cookies	18		
Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11	Milk, White1%	11

DISCLAIMER

The following carbohydrate list for the 2011-12 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 patient: consult their physicians and follow medical and other advise concerning carbohydrate intake and necessary steps to ensure blood sugars are maintained at appropriate levels Questions concerning this list and this disclaimer may be addressed to Susan Boyne, Director of Food Service, 586-797-1185