



June 2018

Elementary K-5 Diabetic Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Indicated Pork Item All meals served with a choice of 1% plain milk 14g or non-fat chocolate milk-22g OFFERED DAILY Chef Salad w/ Turkey Ham 38g Vegetarian Chef Salad 41g Chicken Caesar Salad 35g Yogurt-LF 8 oz-w/granola-79g</p>	<p>Fresh Fruits: Apple bag 8g, Whole Apple 15g, Orange slices 15g, Banana 27, Grape bag 10g, Strawberries 17g, Kiwi 15g, Watermelon 12g, Cantaloupe 6g</p>			<p>Cheezy-RITO 35g Chunky Beans 21g Baby Carrots 8g Berry-Lemon-Frozen-Fruit-Cup-19g Fresh Fruit</p> <p>Condiments - Ranch & Taco Sauce 2nd Choice: Turkey Pizza Pocket 32g</p>
<p>4 Bean & Cheese Burrito w/ Green Sauce 42g Celery Sticks 2g Grape Tomatoes 3g Apple Sauce Cups 13g Triple-Berry-Popsicle-14g</p> <p>Condiments- Taco Sauce & Ranch 2nd Choice: Cheeseburger Twin Slider 29g</p>	<p>5 CHICKEN NUGGETS 15g w/ Wheat Crackers 14g Mashed Potatoes 13g Cucumbers 1g Frozen-Orange-Pineapple-18g Fresh Fruit</p> <p>Condiments- Taco Sauce, Ranch & Tajin Chili-Lime 2nd Choice: Cheeseburger Twin Slider 29g</p>	<p>6 Pepperoni Pizza Sliders * 29g Zucchini Coins 3g 50/50 Salad 2g Canned-Peaches-18g Animal-Jungle-Crackers-20g Fresh Fruit</p> <p>Condiments - Ranch & Taco Sauce 2nd Choice: Cheeseburger Twin Slider 29g</p>	<p>7 Pork Carnitas Tacos * 26g Chunky Beans 21g Carrot & Broccoli Pack 5g Watermelon 12g</p> <p>Condiments - Taco Sauce, Ranch, Tajin Chili-Lime & Ketchup 2nd Choice: Cheeseburger Twin Slider 29g</p>	<p>8 Beef Hot Dog 33g, Bean & Cheese Burrito 42g, Pepperoni Pizza Sliders * 29g Baby Carrots 8g Mango Swirl Juice Bowl 22g Sour-Lemon-Raisels-36g Strawberry-Dino-Gram-Crackers-19g Condiments- Taco Sauce, Ketchup, Mustard, and Mayo Fresh Fruit</p> <p>2nd Choice: Cheeseburger Twin Slider 29g</p>

SUMMER BREAK

June 8th - August 15th

