

# SEPTEMBER 2018

## K-5 Diabetic Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Indicated Pork Item</b></p> <p><i>All meals served with a choice of 1% plain milk 14g or non-fat-chocolate-milk</i></p> <p><b>AVAILABLE DAILY</b></p> <p>Chef Salad w/ Turkey Ham 38g Vegetarian Chef Salad 41g Yogurt, LF-8 oz.-w/granola</p> 	<p><b>BBQ Chicken Drum 21g Roll 20g</b> Baby Carrots 8g Celery Sticks 2g <del>Frozen Strawberry Cup 22g</del> Fresh Fruit</p> <p>Condiments: Ranch &amp; Peanut Butter 2nd Choice: Italian Cheese Pocket 31g</p>	<p><b>Turkey Ham &amp; Cheese Ripp 28g</b> Cucumber 2g Crisp Green Salad 2g <del>Canned Peaches 18g</del> Reduced Fat Cheez-it Cracker 28g Fresh Fruit</p> <p>Condiments: Ranch &amp; Tajin Chili-Lime 2nd Choice: Italian Cheese Pocket 31g</p>	<p><b>CHICKEN Tenders 13g w/Crackers 14g</b> Mashed Potatoes 13g Carrot &amp; Broccoli Mix 5g Raw Cantaloupe Pieces 8g</p> <p>Condiments: Ranch &amp; Ketchup 2nd Choice: Italian Cheese Pocket 31g</p>	<p><b>Beef Soft Taco 26g</b> Salsa 9g Baby Carrots 8g Applesauce Cup 14g <del>Choc Graham Chortle</del></p> <p>Condiments: Taco Sauce &amp; Ranch 2nd Choice: Italian Cheese Pocket 31g</p>
<p><b>Green Bean &amp; Cheese Burrito 42g</b> Canned Corn 15g Baby Carrots 8g Orange 15g Honey BBQ Pop Crisp 17g</p> <p>Condiments: Taco Sauce, Ranch, Ketchup &amp; Mustard 2nd Choice: Cheeseburger Twin Slider 30g</p>	<p><b>Chicken Fajita Wrap 25g</b> Perfect Refried Beans 22g Grape Tomatoes 3g Plum 8g</p> <p>Condiments: Taco Sauce, Ketchup &amp; Mustard 2nd Choice: Cheeseburger Twin Slider 30g</p>	<p><b>Pizza Crunchers 41g</b> Carrot Broccoli Mix 5g Green Bean Salad 8g <del>Frozen Peach Cup 19g</del> Fresh Fruit</p> <p>Condiments: Ranch, Ketchup &amp; Mustard 2nd Choice: Cheeseburger Twin Slider 30g</p>	<p><b>Beefy Nachos 37g</b> Jicama Sticks 7g Salsa 9g Apple Slices 8g</p> <p>Condiments: Tajin Chili-Lime, Ketchup &amp; Mustard 2nd Choice: Cheeseburger Twin Slider 30g</p>	<p><b>Corn Dog 30g</b> Baby Carrots 8g Coleslaw 3g <del>Canned Fruit Mix 18g</del> Fresh Fruit</p> <p>Condiments: Ranch, Ketchup &amp; Mustard 2nd Choice: Cheeseburger Twin Slider 30g</p>
<p><b>Grape Un crustable 32g</b> Baby Carrots 8g Celery Sticks 2g <del>Canned Pears 19g</del> Fresh Fruit</p> <p>Condiments: Taco Sauce &amp; Ranch 2nd Choice: Beef Taco Stick 32g</p>	<p><b>Rotini w/Meatsauce 24g &amp; Roll 20g</b> Carrot Broccoli Mix 5g Cucumber 2g Raw Pineapple Spear 7g</p> <p>Condiments: Ranch, Taco Sauce, Parmesan &amp; Tajin Chili-Lime 2nd Choice: Beef Taco Stick 32g</p>	<p><b>Pepperoni Pizza Sliders * 30g</b> Baby Carrots 8g Zucchini Sticks 2g Apple Slices 8g <del>Scoby Doo Graham Crackers 21g</del> Fresh Fruit</p> <p>Condiments: Ranch &amp; Taco Sauce 2nd Choice: Beef Taco Stick 32g</p>	<p><b>Chicken Nuggets 16g w/Wheat Crackers 14g</b> Mashed Potatoes 13g Super Greens Salad 2g Watermelon 12g</p> <p>Condiments: Taco Sauce &amp; Ketchup 2nd Choice: Beef Taco Stick 32g</p>	<p><b>Taquitos 30g</b> Refried Beans 21g Salsa 9g <del>Berry-Lemon-Frozen-Fruit-Cup</del> <del>Smiley-Face-Delight-Cookie</del> Fresh Fruit</p> <p>Condiments: Taco Sauce 2nd Choice: Beef Taco Stick 32g</p>
<p><b>Bosco Sticks 30g, Marinara Cup 3g &amp; Bug Bite Cracker 23g</b> Baby Carrots 8g Corn 15g Orange 15g</p> <p>Condiments: Ranch &amp; Taco Sauce 2nd Choice: Taco Nada 31g</p>	<p><b>Chicken Teriyaki 14g w/Rice 27g</b> China Snow Peas 5g Celery Sticks 2g <del>Pineapple Chunks</del> <del>Chocolate-Cupcake</del> Fresh Fruit</p> <p>Condiments: Taco Sauce, Ranch &amp; Peanut Butter 2nd Choice: Taco Nada 31g</p>	<p><b>French Bread Pizza 38g</b> Crisp Green Salad 2g Grape Tomatoes 3g <del>Canned Peaches</del> Fresh Fruit</p> <p>Condiments: Ranch &amp; Taco Sauce 2nd Choice: Taco Nada 31g</p>	<p><b>Spaghetti w/Meatsauce 25g &amp; Roll 1</b> Cucumber 2g Zucchini Sticks 2g Fresh Strawberries 11g</p> <p>Condiments: Taco Sauce, Ranch &amp; Parmesan 2nd Choice: Taco Nada 31g</p>	<p><b>Chicken Sandwich 41g</b> Baked Beans 28g Carrot Broccoli Mix 5g Apple Slices 8g</p> <p>Condiments: Taco Sauce, Ketchup &amp; Ranch 2nd Choice: Taco Nada 31g</p>

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Ranch 2g  
Taco Sauce 1g

Parmesan 0g  
Peanut Butter 8g

Ketchup 3g  
Mustard 0g

**Moreno Valley Unified School District**  
**Nutrition Services Department**