

March 2019

Elementary K-5 Diabetic Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Indicated Pork Item</p> <p>All meals served with a choice of 1% plain milk 14g or non-fat chocolate milk</p> <p>OFFERED DAILY</p> <p>Chef Salad w/ Turkey Ham 38g Vegetarian Chef Salad 42g</p> <p>Yogurt, LF-8-oz.-w/granola-</p>	 <p>To the world you may be one person; but to one person you may be the world.</p> <p>- Dr. Seuss</p> 			<p>Fresh Fruit</p> <p>Goldfish Ham Sandwich 21g Baby Carrots 8g Grape Tomatoes 3g Frozen Juice-Cup-Swirl Rainbow Goldfish Crackers 14g</p> <p>Condiments - Ranch, Mayo & Mustard</p> <p>2nd Choice: Taco Nada 31g</p>
<p>Fresh Fruit</p> <p>Nacho Bites 32g Corn 15g Celery Sticks 2g Canned-Fruit-Mix Snickerdoodle-Cookie Fortune Cookie 5g</p> <p>Condiments - Ranch, & Ketchup</p> <p>2nd Choice: Grilled Cheese Sandwich 28g</p>	<p>Chicken Tenders 13g Baby Carrots 8g Mashed Potato Pearls 13g Fresh Pear 25g</p> <p>Condiments - Ranch Dressing & Ketchup</p> <p>2nd Choice: Grilled Cheese Sandwich 28g</p>	<p>Turkey, Ham, and Cheese Ripper 28g Carrot & Broccoli Mix 2g Zucchini Coins 3g Fresh Whole Apple 15g Reduced Fat Cheese-it Cracker 14g</p> <p>Condiments - Ranch Dressing</p> <p>2nd Choice: Grilled Cheese Sandwich 28g</p>	<p>Fresh Fruit</p> <p>Spaghetti w/Meat Sauce 24g & Rotella Roll 20g Spinach/Romaine Salad 2g Baby Carrots 8g Pineapple-Chunks</p> <p>Condiments - Ranch, Ketchup & Parmesan Cheese</p> <p>2nd Choice: Grilled Cheese Sandwich 28g</p>	<p>Chicken Fajita Wrap 25g Cucumbers 1g Refried/Pinto Beans 22g Tangerine 16g</p> <p>Condiments - Ranch, Taco Sauce & Tajin Chili-Lime</p> <p>2nd Choice: Grilled Cheese Sandwich 28g</p>
<p>Cheese Tamale 29g Baby Carrots 8g Zucchini Sticks 2g Apple Slices 8g Vanilla-Cupeake Fortune Cookie 5g</p> <p>Condiments - Ranch Dressing & Taco Sauce</p> <p>2nd Choice: Bean & Cheese Burrito 40g</p>	<p>Fresh Fruit</p> <p>Chicken Teriyaki w/Rice 41g Cucumber 1g Grape tomatoes 3g Frozen-Apple-Cup Fortune Cookie 5g</p> <p>Condiments - Taco Sauce, Ranch, & Tajin Chili-Lime</p> <p>2nd Choice: Bean & Cheese Burrito 40g</p>	<p>Pizza Sticks, Cheese 27g & Gilardi Marinara Sauce 7g Spinach/Romaine Salad 2g Frozen Peas 16g Pineapple Spear 7g</p> <p>Condiments - Ranch & Taco Sauce</p> <p>2nd Choice: Bean & Cheese Burrito 40g</p>	<p>Taquitos 30g Refried/Pinto Beans 22g Jicama Sticks 7g Tangerine 16g</p> <p>Condiments - Taco Sauce, Ranch, & Tajin Chili-Lime</p> <p>2nd Choice: Bean & Cheese Burrito 40g</p>	<p>Fresh Fruit</p> <p>Shamrock Nuggets 13g & Spring Cinn. Cookie 21g Carrot & Broccoli Mix 2g Crinkle Cut Potato Fries 14g Sour-Apple-Rips-Slush Buena-Vista-Shamrock-Cookie Fortune Cookie 5g</p> <p>Condiments - Ketchup, Ranch Dressing & Taco Sauce</p> <p>2nd Choice: Bean & Cheese Burrito 40g</p>
<p>Fresh Fruit</p> <p>Brunch for Lunch Cheese Omelet 2g & Maple Burst Pancakes 39g Celery Sticks 2g Baby Carrots 8g Cinnamon-Applesauce</p> <p>Condiments - Ranch, Taco Sauce & Peanut Butter</p> <p>2nd Choice: Beef Taco Stick 32g</p>	<p>Cheeseburger 29g Baked Beans 28g Zucchini Coins 3g Fruit Pearls 9g</p> <p>Condiments - Taco Sauce, Ranch & Tajin Chili-Lime</p> <p>2nd Choice: Beef Taco Stick 32g</p>	<p>Pepperoni Pizza Sliders* 30g Corn 15g Grape tomatoes 3g Apple Slices 8g Chocolate-Graham-Chortle Fortune Cookie 5g</p> <p>Condiments - Ranch & Taco Sauce</p> <p>2nd Choice: Beef Taco Stick 32g</p>	<p>8 Piece Breaded Chicken 11g & Cracker 14g Spinach/Romaine Salad 2g Carrot & Broccoli Mix 2g Grapes 8g 1oz-Linda's-Chee-Chip-Cookie Fortune Cookie 5g</p> <p>Condiments - Taco Sauce & Ranch Dressing</p> <p>2nd Choice: Beef Taco Stick 32g</p>	<p>Fresh Fruit</p> <p>Bosco Sticks 33g w/Marinara Sauce 7g Baby Carrots 8g Fruitables Plus Juice 14g Graisins White Cheddar Cheetos 17g</p> <p>Condiments - Taco Sauce, Ranch & Tajin Chili-Lime</p> <p>2nd Choice: Beef Taco Stick 32g</p>

NO SCHOOL March 25th - April 5th

