

SUMMER SCHOOL MENU – 2017

Prince William County Public Schools

(Grams of Carbohydrate)

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
SUMMER SCHOOL					
B R E A K F A S T	Mini-Pancakes (42 gm) Cereal (see pkg – 22-27 gm) Cheese Stick (1 gm) Chilled Apple Juice (14 gm)	Skillet Frittata Wrap (14 gm) Cereal (see pkg – 22-27 gm) Cheese Stick (1 gm) Chilled Orange Juice (13 gm)	Pancake Sandwich (35 gm) Cereal (see pkg – 22-27 gm) Cheese Stick (1 gm) Blended Fruit Juice (14 gm)	Ham & Cheese Croissant (17 gm) Cereal (see pkg – 22-27 gm) Cheese Stick (1 gm) Orange Wedges (15 gm)	Pancake Puppy (17 gm) Cereal (see pkg – 22-27 gm) Cheese Stick (1 gm) Fresh Banana (27 gm)
L U N C H	Personal Pan Cheese Pizza (33 gm) SunWise Sandwich (33 gm) Cheese (1 gm) Crackers – 4 pkgs (18 gm) Yogurt (38 gm) Fruit Bread (44 gm) Baby Carrots (6 gm) Dip (5 gm) Frozen Juice Cup (18 gm)	BBQ Beef Rib Sandwich (32 gm) SunWise Sandwich (33 gm) Cheese (1 gm) Crackers – 4 pkgs (18 gm) Yogurt (38 gm) Fruit Bread (44 gm) Carrots & Celery (5 gm) Dip (5 gm) Fresh Apple (19 gm)	Beef & Cheese Taco Stick (32 gm) SunWise Sandwich (33 gm) Cheese (1 gm) Crackers – 4 pkgs (18 gm) Yogurt (38 gm) Fruit Bread (44 gm) Celery Sticks & Grape Tomatoes (4 gm) Dip (5 gm) Melon (11 gm)	Pizza Sticks (34 gm) Dipping Sauce (4 gm) SunWise Sandwich (33 gm) Cheese (1 gm) Crackers – 4 pkgs (18 gm) Yogurt (38 gm) Fruit Bread (44 gm) Raw Vegetables (4 gm) Dip (5 gm) Applesauce (14 gm) Mandarin Oranges (24 gm) Mixed Fruit (18 gm) Peaches (18 gm) Pears (16 gm) Pineapple (20 gm)	Chicken, Turkey Pepperoni & Cheese Sub (27 gm) SunWise Sandwich (33 gm) Cheese (1 gm) Crackers – 4 pkgs (18 gm) Yogurt (38 gm) Fruit Bread (44 gm) Carrots & Broccoli (6 gm) Dip (5 gm) Nectarine (15 gm)

Menu contains no pork products.

ALL BREAKFASTS INCLUDE a CHOICE of SKIM (11 gm) or LOW FAT MILK (12 gm).

ALL LUNCHESES INCLUDE a CHOICE of SKIM (11 gm), LOW FAT (12 gm) or FAT-FREE CHOCOLATE MILK (19 gm).