



<b>Menu Subject to Change</b>					<b>CARB COUNTS School Lunch Menu</b>					<b>Grades K - 8</b>					<b>2014-2015</b>									
<b>Monday</b>					<b>Tuesday</b>					<b>Wednesday</b>					<b>Thursday</b>					<b>Friday</b>				
9/15, 10/20, 11/24, 12/29, 2/2, 3/9, 4/13, 5/18, 6/15, 7/20, 5/18, 6/22, 7/27															1/1,									
Meatballs (5 each) <b>4G</b> Gravy <b>3G</b> Mashed Potato (3/8 c) <b>12.51G</b> Fresh Carrots (1/2 c) <b>7G</b> Pineapple Tidbits (1/2c) <b>19G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b> Ranch Dressing Packet <b>&lt;1G</b>					Chicken Taco Salad (3/8 c) <b>2G</b> Corn Tortilla Chips 18 chips (2 oz) <b>32G</b> Fresh Diced Tomatoes (1/4 c) <b>1.5G</b> Shredded Lettuce (1 c) <b>1.5G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Taco Sauce <b>1G</b> Sour Cream (1/2 oz) <b>1G</b> Fresh Apple <b>18G</b>					Juicy Burger <b>1G</b> Cheese Slice <b>&lt;1G</b> WG Hamburger Bun <b>28G</b> Ketchup (1/2 oz) <b>3G</b> & Pickles (1 oz) <b>0G</b> Vegetarian Baked Beans (1/2 c) <b>29G</b> Fresh Zucchini (1/2 C) <b>3G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Orange <b>19G</b>					BBQ Turkey (3/8 c) <b>6.5G</b> WG Hamburger Bun <b>28G</b> Creamy Potato Salad (1/4 c) <b>32G</b> Fresh Broccoli (1/2 c) <b>3G</b> Fresh Strawberries (1/2 c) <b>6G</b> Ranch Dressing Packet <b>&lt;1G</b>					Popcorn Chicken (10 pieces) <b>22G</b> Dipping Sauce 1/2 oz <b>8G</b> Vegetable Fried Brown Rice (3/4 c) <b>52.5G</b> Fresh Cucumber Coins (3/4 c) <b>3G</b> Ranch Dressing Packet <b>&lt;1G</b> Banana <b>27G</b>				
9/22, 10/27, 12/1, 1/5, 2/9, 3/16, 4/20, 5/25, 6/29										7/1,														
Cheesy Beef Chili Dog All Beef Hot Dog <b>1G</b> WG Bun <b>30G</b> Vegetarian Chili (1/2 c) <b>19G</b> Tropical Fruit Salad (1/2 c) <b>17G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Fresh Carrots (1/2 c) <b>7G</b>					Beef Taco Meat (1/3 c) <b>5G</b> Taco Sauce <b>1G</b> Sour Cream (1/2 oz) <b>1G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Whole Grain Tortilla <b>19G</b> Shredded Lettuce (1 c) <b>1.5G</b> Seasoned Pinto Beans (1/4 c) <b>10 G</b> Fresh Orange <b>19G</b>					Chicken Parmesan in <b>14G</b> Marinara Sauce 1/4 C <b>7G</b> Shredded Mozz. 1/8 c (1/2 oz) <b>&lt;1G</b> Kale & Spring Green Salad (1 c) <b>5G</b> Croutons (1 Package) <b>5G</b> Balsamic Dressing (1/2 oz) <b>5G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					Turkey & Gravy (1/2 cup) <b>5G</b> Creamy Mashed Potato (1/2 c) <b>16G</b> Cranberry Sauce (1/4 c) <b>25G</b> Fresh Zucchini Coins (1/4 c) <b>&lt;2</b> Ranch Dressing Packet <b>&lt;1G</b> Banana <b>27G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					Meatballs in Marinara and Pasta Beef Meatballs (5) <b>4G</b> Marinara Sauce (1/4 c) <b>7G</b> Rotini Pasta (1 c) <b>38G</b> Shredded Mozz. 1/8 c (1/2 oz) <b>&lt;1 G</b> Shredded Lettuce (1 c) <b>1.5G</b> Ranch Dressing Packet <b>&lt;1G</b>				
9/29, 11/3, 12/8, 1/12, 2/16, 3/23, 4/27, 6/1, 7/6										10/1,										5/1,				
Breaded Chicken Patty <b>14G</b> WG Hamburger Bun <b>28G</b> Ranch Dressing Packet <b>&lt;1G</b> Grape Tomatoes (1/4 c) <b>2G</b> Baked Tator Rounds (1/2 c) <b>21G</b> Fresh Apple <b>18G</b> Ketchup Packet <b>3G</b>					California Cheese Burger WG Hamburger Bun <b>28G</b> Ketchup Packet <b>3G</b> Pickles (1 oz.) <b>&lt;1G</b> Tomato (1) <b>&lt;1G</b> , Cheese Slice (1) <b>&lt;1G</b> Lettuce (1) <b>&lt;1G</b> Vegetarian Baked Beans (1/2 c) <b>29G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b>					WG Cheese Lasagna Rolls (1 each) <b>22G</b> Marinara Sauce (1/4 c) <b>7G</b> Shredded Lettuce (1 c) <b>1.5G</b> French Dressing Packet <b>2G</b> Fresh Grapes 1/2 c <b>14G</b> Garlic Breadstick <b>18G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b>					Teriyaki Chicken Drumstick (1 each) <b>10G</b> Vegetable Fried Brown Rice (1/2 c) <b>35G</b> Cole Slaw (1/4 c) <b>6G</b> Fresh Carrots (1/2 c) <b>7G</b> Mandarin Oranges (1/2 c) <b>20G</b>					Beef & Cheese Nachos (3/8 c) <b>12G</b> Corn Tortilla Chips 18 chips (2 oz) <b>32G</b> Shredded Lettuce (1 c) <b>1.5G</b> Steamed Green Beans (1/4 c) <b>2.5G</b> Banana <b>27G</b>				
9/1, 10/6, 11/10, 12/15, 1/19, 2/23, 3/30, 5/4, 6/8, 7/13					09/02/14					4/1,														
Hot Sub Sandwich <b>BUN - 30G</b> Beef Meatballs (5) <b>4G</b> Marinara Sauce (1/4 c) <b>7G</b> Shredded Mozz. 1/8 c (1/2 oz) <b>.5G</b> Fresh Carrots (1/2 c) <b>7G</b> Baked Tator Tots (1/2 c) <b>21G</b> Raisins (1 box = 1/2 c fruit) <b>31G</b>					Macaroni & Cheese (3/8 c) <b>16G</b> Chicken Nuggets (3 each) <b>8G</b> Fresh Broccoli (3/4 c) <b>4.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Apple <b>18G</b>					Chicken Corn Dog <b>30G</b> Ketchup Packet <b>3G</b> Vegetarian Baked Beans (1/2 c) <b>29G</b> Shredded Lettuce (1 c) <b>1.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Banana <b>27G</b>					Wheat Pancakes (2) <b>27G</b> Maple Syrup PC <b>31G</b> Turkey Sausage Links - 2 each <b>0G</b> Fresh Grapes 1/2 c <b>14G</b> Veggie/Fruit Juice <b>13G</b>					Beef Riblet <b>6G</b> BBQ Sauce <b>8G</b> WG Hamburger Bun <b>28G</b> Cowboy Corn Salsa (1/4 c) <b>6G</b> Corn Tortilla Chips 9 chips (1 oz) <b>18G</b> Fresh Grape Tomatoes (1/2 c) <b>4G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Orange <b>19G</b>				
9/8, 10/13, 11/17, 12/22, 1/26, 3/2, 4/6, 5/11, 6/15, 7/20																								
Chicken Nuggets (5 each) <b>13G</b> BBQ Sauce PC <b>8G</b> Steamed Green Beans (3/4 c) <b>7.5G</b> Diced Peaches (1/2 c) <b>15G</b> Dinner Roll <b>21G</b> Margarine <b>0G</b>					All Beef Hot Dog <b>1G</b> WG Hot Dog Bun <b>30G</b> Ketchup Packet <b>3G</b> Steamed Corn (1/2 c) <b>16G</b> Fresh Cucumber (1/4 c) <b>2G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Melon (1 wedge = 1/2 c) <b>7-8G</b>					Chicken Fajita's 3/8 c <b>3G</b> Whole Grain Tortilla <b>19G</b> Shredded Lettuce (1 c) <b>1.5G</b> Taco Sauce <b>1G</b> Refried Beans (1/2 c) <b>14G</b> Shredded Cheese 1/8 c (1/2 oz) <b>&lt;1G</b> Fresh Apple <b>18G</b>					Italian Meat Sauce (2/3 c) <b>12G</b> Rotini Pasta (1 c) <b>38G</b> Shredded Lettuce (1 c) <b>1.5G</b> Italian Dressing Packet <b>1G</b> Banana <b>27G</b>					Rotisserie Chicken Drumstick (1 each) <b>0G</b> Brown Rice Pilaf (1/2 c) <b>23G</b> Fresh Carrots (3/4 c) <b>10.5G</b> Ranch Dressing Packet <b>&lt;1G</b> Fresh Grapes 1/2 c <b>14G</b>				

**CARB COUNTS FOR VALLEY VIEW FAT FREE SKIM (13G), 1% (13G), OR FAT FREE CHOCOLATE (24G)**

Lancer Dining Services obtains Carbohydrate Counts based on nutritional information obtained from manufacturer(s) and vendor(s). Although we have made every effort to be as accurate as possible, manufacturers frequently change formulations. Ingredients and menus are subject to change. This chart is provided as a guide and is not a substitute for careful review and consultation with appropriate medical professionals.