

ELEMENTARY CYCLE MENU CARBOHYDRATE COUNT

THIS IS INTENDED TO BE UTILIZED AS A GUIDE ONLY AND IS NOT INTENDED FOR USE WITH Diabetics which are not monitored by a registered dietitian following a medical physicians diet prescription.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE Revised 11-27-06

<i>Available Everyday</i>	DAILY				
	DAILY	ENTRÉE	CHOICES		
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
BREAKFAST Cereal & Graham Crackers, orange juice/fruit & milk	BREAKFAST Sunrise Sausage & Cheese Biscuit=25.4 gm or Pancake & Sausage on a Stick=24 gm. LUNCH Corn Doggy=22 gm Pepperoni Pizza=38 gm. Teriyaki Beef Dippers=10.4 gm. over Rice=21.6 gm. w/Fortune Cookie=21 gm. Yogurt Parfait=66.5 gm.	BREAKFAST Honey Wheat Bar=26 gm. & Yogurt=22 gm. or Pancake & Sausage on a Stick=24 gm. LUNCH Chicken Burger=42 gm. Cheese Pizza=38 gm. Chicken Nuggets=11 gm. Bunless Tuna w/Crackers=5 gm.	BREAKFAST Breakfast Pizza=22 gm. or Pancake & Sausage on a Stick=24 gm. LUNCH Hot Ham & Cheese Sandwich =32 gm. French Bread Pizza =21 gm Spaghetti & Meatball Sauce=36.2 gm. String Cheese=0 gm., Yogurt=22 gm. & Crunchmania=37 gm.	BREAKFAST Hot Ham & Cheese Sandwich on a Wheat Bun=32 gm. Or Sunrise Sausage & Cheese Biscuit=24.5 gm. LUNCH Hamburger=34.8 gm. Pepperoni Pizza=38 gm. Breaded Beef Fingers =15.59 gm. Chicken Salad Shaker=6.6 gm.	BREAKFAST "Fast Break Friday" Breakfast=49-59 gm. & Sausage on a Stick=24 gm or Manager's Choice LUNCH Deli Turkey Sandwich=34 gm. Cheese Pizza=38 gm. Honey Glazed Pork Riblets over Rice=30 gm. Grab "n" Go Meal Break=49.2 gm. Or
BREAKFAST Cereal & Graham Crackers, orange juice/fruit & milk	BREAKFAST French Toast Stick=28 gm. Or Pancake & Sausage on a Stick=24 gm. LUNCH Grilled Cheese Sandwich =34 gm. Country Chicken=12 gm. w/Potatoes* Cheese Pizza=38 gm. Crunchy Beef Taco=15 gm.	BREAKFAST Breakfast Pizza=22 gm. Or Pancake & Sausage on a Stick=24 gm. LUNCH Deli Turkey Sandwich=34 gm. Corn Doggy=22 gm Pepperoni Pizza=38 gm. Nachos "w" Beans=57.5 gm.	BREAKFAST Morning Muffin=35 gm. Or Cinnamon Swirl French Toast=31 gm. LUNCH Hot Dog=30 gm. Macaroni & Cheese=32.6 gm.. Cheese Pizza=38 gm. El Extreme Bean & Cheese Burrito=64 gm.	BREAKFAST Honey Wheat Bar=26 gm. & Yogurt=22 gm. Or Pancake & Sausage on a Stick=24 gm. LUNCH Cheeseburger=34.8 gm. Chicken Nuggets=11 gm. Pepperoni Pizza=38 gm. Chicken Fajitas=38.5gm.	BREAKFAST "Fast Break Friday" Breakfast=49-59 gm. or Pancake & Sausage on a Stick=24 gm or Manager's Choice LUNCH Sloppy Joe=38.7 gm. Turkey Gravy=1.9 gm. & Mashed Potatoes=16.9 gm. Cheese Pizza=38 gm. Gordita Soft Taco =23 gm.
BREAKFAST Cereal & Graham Crackers, orange juice/fruit & milk	BREAKFAST Sunrise Sausage & Cheese Biscuit=25.4 gm or Pancake & Sausage on a Stick=24 gm LUNCH Whole Grain Toasty Dog=17 gm. Pepperoni Pizza=38 gm. BRUNCH LUNCH Sausage Link=0.5 gm. & French Toast=28 gm. String Cheese=0 gm., Yogurt=22 gm. & Crunchmania=37 gm.	BREAKFAST Graham Crackers= & Yogurt=22 gm or Pancake & Sausage on a Stick=24 gm LUNCH Hamburger=34.8 gm. Cheese Pizza=38 gm. Chicken Nuggets=11 gm. Chicken Salad Shaker =6.6 gm.	BREAKFAST Breakfast Pizza=22 gm. Or Pancake & Sausage on a Stick=24 gm LUNCH Grilled Cheese Sandwich=34 gm. French Bread Pizza =21 gm. Country Chicken=12 gm. w/Potatoes* Bunless Tuna & Crackers=5 gm.	BREAKFAST Honey Wheat Bar=26 gm. & Yogurt=22 gm. Or Pancake & Sausage on a Stick=24 gm. LUNCH Chicken Burger =42 gm. Pepperoni Pizza=38 gm. Chicken Nuggets=11 gm. Yogurt Parfait =66.5 gm.	BREAKFAST "Fast Break Friday" Breakfast=49-59 gm. or Sunrise Sausage & Cheese Biscuit=25.4 gm Biscuit or Manager's Choice LUNCH Corn Doggy=22 gm. Cheese Pizza=38 gm. Spaghetti & Meatball Sauce=6.2 gm. Chicken Fajita Salad =16 gm.
BREAKFAST Cereal & Graham Crackers, orange juice/fruit & milk	BREAKFAST Bagel w/Cream Cheese =49.25 gm. or Pancake & Sausage on a Stick=24 gm. LUNCH Smuckers Peanut Butter & Jelly Sandwich=49 gm. Nachos "w" Beans =57.5 gm. Cheese Pizza=38 gm. Chicken Nuggets=11 gm.	BREAKFAST Hot Ham & Cheese Sandwich on Wheat Bun=32 gm. or Pancake & Sausage on a Stick=24 gm LUNCH Hot Dog=30 gm Chicken Fajitas=38.5 gm. Pepperoni Pizza=38 gm. Turkey Gravy=1.9 gm. & Mashed Potatoes=16.9 gm.	BREAKFAST Morning Muffin=35 gm. or Pancake & Sausage on a Stick=24 gm LUNCH Deli Turkey Sandwich=34 gm. El Extreme Bean & Cheese Burrito=64 gm. Cheese Pizza=38 gm Chicken Nuggets=11 gm.	BREAKFAST Hot Ham & Cheese Sandwich=32 gm. on Wheat Bun or Pancake & Sausage on a Stick=24 gm LUNCH Chicken Burger=42 gm Gordita Soft Taco=23 gm. Cheese Pizza=38 gm. Country Chicken=12 gm. w/Potatoes*	BREAKFAST "Fast Break Friday" Breakfast=49-59 gm. or Manager's Choice LUNCH BBQ Rib-B-Que Hoagie=34 gm. Quesadilla=35 gm. Pepperoni Pizza=38 gm. Sea Treasures=13 gm.
*Potatoes may include: Mashed=15 gm. Wedges= Tator Tots=21 gm.	Grain Choices: Pretzels=23 gm. Saltines=5 gm. Wheat Cracker=4 gm. Animal Snackers=20 gm.	Milk Choices: 1% White Milk=16 gm. Nonfat Chocolate=32 gm.	Manager's Choice Options Breakfast: See previous hand out	Manager's Choice Options Lunch: See previous hand out	5-A-Day Selections: See previous hand out