

Carbohydrate Counting for Week 1 – Lunch Entrée

Monday:

Pizza Rippers – 30 g

Turkey Sandwich – 29 g

Milk – 12 g

Tuesday:

Bean & Cheese Burrito – 39 g

Chicken Wrap – 22 g

Milk– 12 g

Wednesday:

Grilled Cheese Sandwich – 30 g

Chef Salad & Goldfish Crackers – 25 g

Milk– 12 g

Thursday:

Drum Stick Dinner – 51g

Mac & Cheese – 56 g

Milk– 12 g

Friday:

Corn Dog – 30 g

Turkey Sandwich – 29 g

Milk– 12 g

*Fruit and Vegetables are available on our salad bar; child self-serves amount.

** Carbohydrate counts may vary slightly