

## Carbohydrate Counting for Week 2 – Lunch Entrée

### **Monday:**

Orange Chicken – 32 g

Ham Sandwich – 29 g

Milk – 12 g

### **Tuesday:**

Hard Shell Taco – 26g

Quesadilla – 30 g

Milk– 12 g

### **Wednesday:**

Chicken Patty – 36 g

Caesar Salad & Roll – 29 g

Milk– 12 g

### **Thursday:**

Hamburger Gravy over Mashed – 49 g

Meatloaf – 52 g

Milk– 12 g

### **Friday:**

Pizza – 43 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