

## Carbohydrate Counting for Week 3 – Lunch Entrée

### **Monday:**

Meatball Sub – 21 g

Italian Sub – 21 g

Milk – 12 g

### **Tuesday:**

Soft Taco – 22 g

Nachos – 23 g

Milk– 12 g

### **Wednesday:**

Baked Potato – 56 g

Hamburger – 21 g

Milk– 12 g

### **Thursday:**

Country Style Steak – 24 g

Turkey Gravy & Mashed Potato - 25 g

Milk– 12 g

### **Friday:**

Ravioli & Roll – 41 g

Roast Beef Sandwich – 29 g

Milk– 12 g

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

\*\* Carbohydrate counts may vary slightly