

Carbohydrate Counting for Week 4 – Lunch Entrée

Monday:

Chicken Teriyaki – 59 g

Chicken Haystacks – 49 g

Milk – 12 g

Tuesday:

Taco Salad – 26 g

Quesadilla – 30 g

Milk – 12 g

Wednesday:

Lasagna – 54 g

Chef Salad & Goldfish Crackers – 25 g

Milk – 12 g

Thursday:

Athlos Sub – 20 g

Hot Ham & Cheese – 29 g

Milk – 12 g

Friday:

Pizza Rippers – 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