

## Carbohydrate Counting for Week 5 – Lunch Entrée

### **Monday:**

Rib-B-Q – 28 g

Fish Sticks & Dinner Roll – 47 g

Milk – 12 g

### **Tuesday:**

Chicken Enchilada – 26 g

Chicken Taco Soup – 30 g

Milk – 12 g

### **Wednesday:**

Beefy Mac – 32 g

Caesar Salad & Roll – 48 g

Milk – 12 g

### **Thursday:**

Breakfast Pizza – 27 g

Waffle Stacker - 34 g

Milk – 12 g

### **Friday:**

Hot Dog – 20 g

Ham Sandwich – 29 g

Milk – 12 g

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

\*\* Carbohydrate counts may vary slightly