

## Carbohydrate Counting for Week 6 – Lunch Entrée

### **Monday:**

Rio Chicken Salad – 30 g

Chicken Alfredo – 44 g

Milk – 12 g

### **Tuesday:**

Chili Frito – 45 g

Navajo Taco – 45 g

Milk – 12 g

### **Wednesday:**

Sweet & Sour Chicken & Rice – 46 g

Egg Salad Sandwich – 30 g

Milk – 12 g

### **Thursday:**

BBQ Pulled Pork – 31 g

Chef Salad & Goldfish Crackers – 25 g

Milk – 12 g

### **Friday:**

Chicken Nuggets & Roll – 28 g

Roast Beef Sandwich – 30 g

Milk – 12 g

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

\*\* Carbohydrate counts may vary slightly