

February 27th

Monday	Carbs in Grams
# 1	
Tater Dogs	15
Pasta Salad	37
# 2	
Chicken Enchiladas	28
Cooked Carrots	5
# 1 & # 2	
Apples	16
Pears	13
Mixed Fruit	13.5
Roll	24
Milk 1 %	12
Milk, Fat Free	12
Chocolate Milk, Fat Free	24
100% Juice	15
<u>Condiments</u>	
Ketchup	4
Fry Sauce	4
Mustard	0

February 28th

Tuesday	Carbs in Grams
# 1	
Popcorn Chicken Bowl	43
Roll	24
#2	
Burrito	46
Cornbread	24
Side Salad	1
# 1 & # 2	
Mandarin Oranges	13
Applesauce	10
Bananas	27
Milk 1 %	12
Milk, Fat Free	12
Chocolate Milk, Fat Free	24
Mrs Fields Cookie	29
<u>Condiments</u>	
Gravy	3
Salsa	4
Sour Cream	1
Enchilada Sauce	4

February 29th

Wednesday	Carbs in Grams
# 1	
Chicken Dinner	10
Mashed Potatoes	18
Gravy	3
Corn	14
Roll	24
# 2	
Stacked Ham Sandwich	24
Tator Tots	19
# 1 & # 2	
Oranges	11
Frozen Strawberry cup	33
Peaches	16
Milk 1 %	12
Milk, Fat Free	12
Chocolate Milk, Fat Free	24
Pudding, chocolate or	31
Pudding, vanilla	22
<u>Condiments</u>	
Ketchup	4
Mayo	0
Fry Sauce	4
Mustard	0
Lettuce/ Tomato	1
Pickle	1

March 1st

Thursday	Carbs in Grams
# 1	
Orange Chicken	16
Brown Rice	15
Mix Vegetables	3
Roll	24
# 2	
Rib-a-que Sandwich	43
Celery w/ Sunflower seed butter cup	11.3
# 1 & # 2	
Frozen Peach Cup	31
Apples	16
Mandarin oranges	13
Milk 1 %	12
Milk, Fat Free	12
Chocolate Milk, Fat Free	24
Jello Poke Cake	29
<u>Condiments</u>	
Soy Sauce	5
BBQ Sauce	11

March 2nd

Friday	Carbs in Grams
# 1	
Pizza Choice	
Cheese	63
Pepperoni	62
Ham & Pineapple	66
# 2	
Munchables w/Pretzel and Cheese Sauce	84
# 1 & # 2	
Carrot Sticks	5
Kiwi	11
Frozen Strawberries	42
Pineapple	11
Milk 1 %	12
Milk, Fat Free	12
Chocolate Milk, Fat Free	24
Shape-up	16
<u>Condiments</u>	
Ranch Dressing	2