

September 10 Elementary Menu with Carb Counts

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

All counts are in grams. Some menu items are separated out and color-coded accordingly.

For example, "Chicken Pasta Salad w/**Corn Muffin**: 47 (43)" indicates the salad contains 47g while the muffin has 43g.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
				Chicken Biscuit Fruit Muffin	33 46	Whole Wheat Pancakes w/ Syrup Eggs, Grits & Toast	30 (21) 0 (16) (10)	Egg Biscuit Cinnamon French Toast w/ Syrup	28 34 (21)
				Hamburger on Bun Cheese Dunkers w/ Marinara Lettuce/Tomato/Onion/Dills Oven Baked Potato Rounds Chilled Peaches	4 (28) 29 (8) 0 17 18	Chicken Nuggets w/ Roll Chicken BBQ on Bun Tossed Salad Seasoned Pinto Beans Baked Apples	10 (27) 4 (28) 0 20 27	Hot Dog on Bun w/Chili Cheesy Nachos w/ Salsa Baked Beans Cole Slaw Chilled Mixed Fruit	2 (22) 51 28 18 16
6		7		8		9		10	
		Sausage Biscuit Cereal w/ Toast*	34 17	Chicken Biscuit Cinnamon French Toast w/ Syrup	33 34 (21)	Cinnamon Coffee Cake Egg and Cheese Breakfast Wrap	53 14	Egg and Cheese Biscuit Waffles w/ Syrup	28.5 28 (21)
HOLIDAY No School		Pork Pepperoni Pizza Chicken Tenders w/ Roll Tossed Salad Seasoned Green Beans Chilled Pears	33 12 (27) 0 5 18	Meatball Sub Macaroni & Cheese w/ Roll Parsley Potatoes Seasoned Broccoli Chilled Peaches	39 48 (27) 13 4.2 18	Chicken Sandwich on Bun Vegetarian Hot Pocket w/ Marinara Oven Baked Potato Wedges Seasoned Peas Chilled Pineapple	10 (28) 40 (8) 20 10.7 17	Hot Dog on Bun w/Chili Fish Nuggets w/ Corn Muffin Baked Beans Cole Slaw Chilled Mixed Fruit	2 (22) 24.4 (43) 28 18 16
13		14		15		16		17	
Sausage Biscuit Cereal w/ Toast*	27 10	Cinnamon Bun Sausage Pancake on a Stick	34 24	Chicken Biscuit Fruit Muffin	33 46	Whole Wheat Pancakes w/ Syrup Eggs, Grits & Toast	30 (21) 0 (16) (10)	Turkey Sausage Breakfast Bagel Cinnamon French Toast w/ Syrup	19 34 (21)
Cheese Pizza Corn Dog Nuggets Seasoned Broccoli Glazed Carrots Chilled Applesauce	32 35 (for 6) 4.2 6 20	Chicken Tenders w/ Roll Ham and Cheese Sub Whipped Potatoes and Gravy Seasoned Green Beans Chilled Pears	12 (27) 49.5 17 (4) 5 18	Hamburger on Bun Toasted Cheese Sandwich Lettuce/Tomato/Onion/Dills Oven Baked Potato Rounds Chilled Peaches	4 (28) 24 0 17 18	Chicken Nuggets w/ Roll Cheesy Nachos w/ Salsa Tossed Salad Seasoned Pinto Beans Baked Apples	10 (27) 51 0 20 27	Hot Dog on Bun w/Chili Chicken BBQ on Bun Baked Beans Cole Slaw Chilled Mixed Fruit	2 (22) 4 (28) 28 18 16
20		21		22		23		24	
Sausage Biscuit Cereal w/ Toast*	27 10	Cinnamon Bun Pork Sausage Breakfast Pizza	34 17	Chicken Biscuit Cinnamon French Toast w/ Syrup	33 34 (21)	Cinnamon Coffee Cake Egg and Cheese Breakfast Wrap	53 14	Egg and Cheese Biscuit Waffles w/ Syrup	28.5 28 (21)
Stuffed Crust Pizza Tex Mex Tacos w/ Tortilla Chips or Soft Shell Shredded Lettuce / Diced Tomatoes Seasoned Whole Kernel Corn Cinnamon Applesauce	44 15 (21)(21) 0 16 20	Cheeseburger on Bun Beefaroni w/ Breadstick Tossed Salad Seasoned Green Beans Chilled Pears	5 (28) 28 (11) 0 5 18	Asian Chicken Bites w/ Roll Cheese Dunkers w/ Marinara Seasoned Peas Oven Baked Potato Wedges Chilled Peaches	5 (27) 29 (8) 10.7 20 18	Chicken Sandwich on Bun Macaroni & Cheese w/ Roll Seasoned Broccoli Seasoned Carrots Chilled Pineapple	10 (28) 48 (27) 4.2 6 17	Hot Dog on Bun w/Chili Fish Nuggets w/ Corn Muffin Baked Beans Cole Slaw Chilled Mixed Fruit	2 (22) 24.4 (43) 28 18 16
27		28		29		30			
Sausage Biscuit Cereal w/ Toast*	27 10	Cinnamon Bun Sausage Pancake on a Stick	34 24	Chicken Biscuit Fruit Muffin	33 46	Turkey Sausage Breakfast Bagel Cheese Omelet	19 2		
Pork Pepperoni Pizza Chicken Tenders w/ Roll Seasoned Broccoli Glazed Carrots Chilled Applesauce	33 12 (27) 4.2 6 20	Corn Dog Nuggets Turkey and Cheese Sub Seasoned Green Beans Seasoned Whole Kernel Corn Chilled Pears	35 (for 6) 49.5 5 16 18	Hamburger on Bun Lasagna Roll w/ Breadstick Lettuce/Tomato/Onion/Dills Oven Baked Potato Rounds Chilled Peaches	4 (28) 21 (11) 0 17 18	Popcorn Chicken w/ Roll Cheesy Nachos w/ Salsa Tossed Salad Seasoned Pinto Beans Baked Apples	6.5 (27) 51 0 20 27		
Froot Loops Frosted Flakes Cinnamon Toast Crunch Trix	16 25 22 21	Chips as Garnishes Tortilla Chips Potato Chips	21 8	Salad Dressing Packets Ranch French Italian	0 0 0	Milk Cartons Skim Milk 1% Milk 1% Chocolate Milk 1% Strawberry Milk	13 13 28 32	**100% Juices Apple Juice 4 oz Grape Juice 4 oz Orange Juice 4 oz	14 18 12