

Sack Lunch & Field Day Menu SY17-18

Elementary and Middle

Entrées:

- Fresh Market Sandwich* (33g)
- Turkey & Cheese Flatbread Sandwich* (29g)
- PB&J Jamwich (34g)
- Chicken Filet Sandwich* (43g)
- Grilled Chicken Sandwich* (35g)
- Hot Dog* (28g)

Fruit:

- Fresh Fruit (15-27g)
- Applesauce cup (13g)
- Boxed Raisins (29-35g)
- Juice 4 oz. (14-15g)

Vegetables:

- Carrots 3/4c. (9g)
- Carrots/Celery 3/4c. (6g)

Chips:

- Popcorn (9-10g)
- Doritos (20g)
- Cheetos, puffs (14g)
- Cheez-it's (14g)

Milk Choice (13-19g)

*Condiments not included in carbohydrate count.