

Elementary Carbohydrate Counts

WEEK 1

Week of...

February 10

February 17

March 10

March 24

April 15

April 29

May 13

MONDAY

Breakfast

Mini Maple Pancake (35)

Cereal (24) w/ Pop-Tart (37),
Toast (15), or Muffin**

Lunch

Popcorn Chicken* (16) w/ Roll
(30)

Pepperoni or Cheese Pizza (33)

Crispy Chicken Salad* (18) w/
Flatbread (26)

Corn (19) or Cowboy Salsa (14)

Carrot Dippers* (6)

TUESDAY

Breakfast

Chicken & Waffle* (20)

Cereal (24) w/ Pop-Tart (37),
Toast (15), or Muffin**

Lunch

Cheeseburger* (33)

Crispy Fish Nuggets* (22) w/
Sweet Corn Hushpuppies (20)

Grilled Chicken & Fruit Salad*
(23) w/ Flatbread (26)

Baked Beans (34)

Creamy Coleslaw (5)

WEDNESDAY

Breakfast

Cheese grits(15) w/ omelet (1)

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Crispy Chicken Drumstick* (5) w/
Roll (30)

Chicken & Rice (26) w/ Roll (30)

Taco Salad* (9) w/ Tortilla Chips
(40)

Peas & Carrots (10) or Glazed
Carrots (18)

THURSDAY

Breakfast

Dutch Waffle (24)

Cereal w/ Pop-Tart (37), Toast* (15),
or Muffin**

Lunch

Vegetable Beef Soup (16) OR Chili
(11) with Grilled Cheese Sandwich
(34) OR French Toast Sticks (37) w/
Cheese Omelet (1)

Cheesy Chicken Flatbread* (28)

Oriental Chicken Salad* (38) w/
Flatbread (26)

Tater Tots* (18)

Carrot Dippers (6)

FRIDAY

Breakfast

Sausage Biscuit (24) w/ Gravy (9)

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Steak Fingers* (19) w/ Roll (30)

Lasagna (39) w/ Roll (30)

Chipotle Chicken Salad* (21) w/
Tortilla Chips (40)

Mashed Potatoes (14)

Signature Side Salad* (3)

WEEK 2

Week of...

February 17

March 4

March 18

April 8

April 22

May 6

May 20

MONDAY

Breakfast

Mini Blueberry (37) or Mini
Cinnamon (35) Waffles*

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Chicken Nuggets* (16) w/ Roll
(30)

Cheese Quesadilla* (40)

Crispy Chicken Salad* (18) w/
Flatbread (26)

Green Beans (3)

Carrot Dippers* (6)

TUESDAY

Breakfast

French Toast Sticks* (28)

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Mac & Cheese (29) w/ Roll (30)

Hot Dog* (28)

Grilled Chicken & Fruit Salad*
(23) w/ Flatbread (26)

Ranch Beans (32)

Creamy Coleslaw (5)

WEDNESDAY

Breakfast

Biscuit (23) w/ Omelet (1)Cereal
(24) w/ Pop-Tart (37), Toast*
(15), or Muffin**

Lunch

Beef & Cheese Nachos* (47)

Pepperoni or Cheese Pizza (33)

Taco Salad* (9) w/ Tortilla Chips
(40)

Refried Beans (24) or Black Eyed
Peas (22)

Veggie Dippers* (4)

THURSDAY

Breakfast

Glazed Goodybun (34), Glazed
Donut (46), Powdered Donut
(35), or Donut Holes (42)

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Chicken Filet Sandwich* (43) or
Grilled Chicken Sandwich* (35)

BBQ Sandwich (54)

Oriental Chicken Salad* (21) w/
Flatbread (26)

French Fries* (17)

Broccoli Dippers* (3)

FRIDAY

Breakfast

Chicken Biscuit* (29)

Cereal (24) w/ Pop-Tart (37),
Toast* (15), or Muffin**

Lunch

Mini Corndogs* (30)

Cheese Stuffed Breadsticks (30)
w/ Marinara Sauce (3)

Chipotle Chicken Salad* (21) w/
Tortilla Chips (40)

Sweet Potato Tots (26) or
Mashed Sweet Potatoes (35)

Signature Side Salad* (3)

- All meals include choice of flavored milk (18-19) or unflavored milk (13), juice (14), and assorted fruit choices (15-22).
- Carbohydrate grams (#) are listed after each menu item.
- *Condiments & dressings are not included in carb counts. Carb counts for condiments & dressings AND allergen info can be found on our website “Menus—Nutrition Info”.
- **NOTE: PB&J Jamwich (34), Cinnamon Oatmeal (42), Peach Cobbler Oatmeal (45), Strawberry Yogurt (14) w/ Keebler Elf Grahams (21) or Muffins may be available as an additional breakfast entrée option daily.
- Assorted muffin choices include: Blueberry Muffin (32), Banana Muffin (24), Apple Cinnamon Muffin (23), or Chocolate Chip Muffin (28).
- Turkey & Cheese Sub (31), Turkey & Cheese Flatbread (27), Fresh Market Sandwich (31), Grilled Cheese Sandwich (34), Yogurt Snack Pack (45), & PBJ Snack Pack (49) may be available as an additional lunch entrée option daily.
- Bartow Power Packs may be available as an additional lunch entrée option daily.
 - Turkey ham, cheese stick, grapes, goldfish (31)
 - Turkey ham, cheese stick, carrots, cheez-it (21)
 - Turkey, cheese stick, carrots, goldfish (20)
 - Turkey, cheese stick, grapes, goldfish (30)
- Menus are subject to change due to availability of products.