

Pre-K Carbohydrate Counts

WEEK 1

Week of...
 February 10
 February 17
 March 10
 March 24
 April 15
 April 29
 May 13

MONDAY

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

Lunch
 Popcorn Chicken* (16) w/ Roll
 (30)
 Corn (19)
 Fruit (15-22)
 Milk (13)

TUESDAY

Breakfast
 Chicken & Waffle* (20)

Lunch
 Cheeseburger* (33)
 Baked Beans (34)
 100% Fruit Juice (14) or Frozen
 Sidekick (20)
 Milk (13)

WEDNESDAY

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

Lunch
 Crispy Chicken Drumstick* (5) w/
 Roll (30)
 Cucumber Dippers* (3)
 Fruit (15-22)
 Milk (13)

THURSDAY

Breakfast
 Dutch Waffle (24)

Lunch
 Vegetable Beef Soup (16) or Chili
 (11) with Grilled Cheese
 Sandwich (34) OR French Toast
 Sticks (37) w/ Omelet (1)
 Tater Tots* (18)
 100% Fruit Juice (14) or Frozen
 Sidekick (20)
 Milk (13)

FRIDAY

Breakfast
 Sausage Biscuit (24) w/ Gravy (9)

Lunch
 Steak Fingers* (19) w/ Roll (30)
 Mashed Potatoes (14)
 Fruit (15-22)
 Milk (13)

WEEK 2

Week of...
 February 17
 March 4
 March 18
 April 8
 April 22
 May 6
 May 20

MONDAY

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

Lunch
 Chicken Nuggets* (16) w/ Roll
 (30)
 Green Beans (3)
 Fruit (15-22)
 Milk (13)

TUESDAY

Breakfast
 French Toast Sticks* (28)

Lunch
 Mac & Cheese (29)
 Ranch Beans (32)
 100% Fruit Juice (14) or Frozen
 Sidekick (20)
 Milk (13)

WEDNESDAY

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

Lunch
 Pepperoni or Cheese Pizza (33)
 Veggie Dippers* (4)
 Fruit (15-22)
 Milk (13)

THURSDAY

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

Lunch
 Chicken Filet Sandwich* (43)
 French Fries* (17)
 100% Fruit Juice (14) or Frozen
 Sidekick (20)
 Milk (13)

FRIDAY

Breakfast
 Chicken Biscuit* (29)

Lunch
 Cheese Stuffed Breadsticks (30)
 w/ Marinara Sauce (3)
 Signature Side Salad* (3)
 Fruit (15-22)
 Milk (13)

- 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”.
- Assorted muffin choices include: Blueberry Muffin (32), Banana Muffin (24), Apple Cinnamon Muffin (23), or Chocolate Chip Muffin (28).
- Menus are subject to change due to availability of products.