

WHS Pre-K Carbohydrate Counts Spring 2020

WEEK 1

Week of...

March 1

March 15

March 29

April 19

May 3

May 17

MONDAY

Breakfast

Omelet (1) with Toast* (15)
Fruit (15-22); Milk (13)

Lunch

Rotini with Meat Sauce
(26)

Roasted Carrots (6)

Fruit (15-22)

Milk (13)

TUESDAY

Breakfast

Cereal w/ Pop-Tart (38),
Toast* (15), or Muffin**

Fruit (15-22)

Milk (13)

Lunch

Chicken Pot Pie (39; 22g
CHO from biscuit)

Sweet Potato Waffle Fries
(24)

Fruit (15-22)

Milk (13)

WEDNESDAY

Breakfast

Cheese Toast (32)

Fruit (15-22)

Milk (13)

Lunch

Pepperoni (34) or Cheese
Pizza (33)

Corn con Queso (22)

Fruit (15-22)

Milk (13)

THURSDAY

Breakfast

Cereal w/ Pop-Tart (38),
Toast* (15), or Muffin**

Fruit (15-22)

Milk (13)

Lunch

French Toast* (20) &
Omelet (1)

Tater Tots* (18)

Fruit (15-22)

Milk (13)

FRIDAY

Breakfast

Sausage Biscuit (23)

Fruit (15-22)

Milk (13)

Lunch

PB&J Pack *** (49)

Cucumber Dippers* (3)

Fruit (15-22)

Milk (13)

WEEK 2

Week of...

March 8

March 22

April 12

April 26

May 10

MONDAY

Breakfast

Mini Blueberry (36) or

Mini Cinnamon (35)
Waffles*

Fruit (15-22)

Milk (13)

Lunch

Popcorn Chicken* (12)

French Fries (15)

Fruit (15-22)

Milk (13)

TUESDAY

Breakfast

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

Fruit (15-22)

Milk (13)

Lunch

Steak Fingers* (11)

Mashed Potatoes (14)

Fruit (15-22)

Milk (13)

WEDNESDAY

Breakfast

French Toast Sticks* (29)

Fruit (15-22)

Milk (13)

Lunch

Chicken Quesadilla (36)

Black Beans (23)

Fruit (15-22)

Milk (13)

THURSDAY

Breakfast

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

Fruit (15-22)

Milk (13)

Lunch

Pepperoni (34) or Cheese
Pizza (33)

Green Beans (3)

Fruit (15-22)

Milk (13)

FRIDAY

Breakfast

Chicken Biscuit* (31)

Fruit (15-22)

Milk (13)


Lunch

Mac & Cheese (29)

Roasted Carrots (6)

Fruit (15-22)

Milk (13)

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- 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: Apple Muffin (23), Blueberry Muffin (24), or Chocolate Chip Muffin (32).
 - ***NOTE: PB&J Snack Pack with Grape, Strawberry, or Chocolate Uncrustable contains 47 g. PB&J Snack Pack with Honey Uncrustable contains 42 g. Alternate entrée option will be provided for student with documented peanut allergy.
 - Menus are subject to change due to product availability.