

Lunch menu

Main Entrees

- Walking taco - Beef, cheese, chips (35g - carbs, <3 g - fiber)
- Chicken nuggets w/ roll (14g - carbs 1g - fiber) (15g - carb, 1g - fiber)
- Homemade mac n cheese w/ breadstick (24g- carbs, 2g - fiber) (15g - carbs, <1g - fiber)
- Bosco Stick w/ pizza sauce (25g- carbs, 2g - fiber) (6g- carbs, 2g - fiber)
- Breaded chicken drumstick w/ cornbread loaf - (10g - carbs, 1g fiber) (28g - carbs, 1 g fiber) & Mashed Potatoes (19g - carbs, 2g - fiber)
- Soft tacos - beef (2g - carbs, <1 g - fiber), cheese (6g - carbs, 0g - fiber), tortilla shells (14g - carbs, 1g - fiber)
- French toast (38g - carbs, 3g - fiber), sausage patty (1g- carbs, 0g - fiber) & hashbrown (12g - carbs, 1g - fiber)
- Chicken Pot pie (17g - carbs, 2g - fiber) and Biscuit (28g - carbs, 1g - fiber)
- French Bread Pizza Cheese:(29g- carbs, 2g- fiber) OR Pepperoni:(32g - carbs, 3g - fiber)
- Ham & Cheese Calzone (37g - carbs, 3g - fiber) & Baked Chips (18g - carbs, 1g - fiber)
- Mini Quesadillas (31g - carbs, 3g - fiber)
- Mini corn dogs (22 g - carbs, 0 g - fiber) & Sidewinder fries (19g - carbs, 2g - fiber)
- Spaghetti (42g - carbs, 2g - fiber) with Meat Sauce (11g - carbs, 2g - fiber)
- Personal Cheese Pizza (45g - carbs, 2g - fiber)
- Bone in wings w/ Roll (16g - carbs, 1g - fiber)

Weekly Alternates

- Hotdog on a bun (19 g - carbs, 1 g - fiber)
- Cheese Burger (2g - carbs, 0g - fiber) w/ bun (30 g - carbs, 0 g - fiber)
- Crispy chicken sandwich (16g -carbs, 3g - fiber) w/ bun (30 g - carbs, 0 g - fiber)

Sides

Weekly fruits:

- Applesauce (24g - carbs, 3g - fiber)
- Plums (8g - carbs, 1g - fiber)
- Sliced Pears (15g - carbs, 2g - fiber)
- Sliced Peaches (16g - carbs, 1g - fiber)
- Apples (15g - carbs, 3g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Pears (25g - carbs, 5g - fiber)
- Applesauce (24g - carbs, 3g - fiber)
- Pineapple Tidbits (17g - carbs, 2g - fiber)
- Sliced Apples (15g - carbs, 3g - fiber)

Weekly vegetables:

Fiesta corn

Shredded Lettuce

- Broccoli (3g - carbs, 1g - fiber)
- Cauliflower (5g - carbs, 2g - fiber)
- Peas & Carrots (10g - carbs, 3g - fiber)
- Green Beans (11g - carbs, 5g - fiber)
- Refried Beans (23g - carbs, 5g - fiber)
- Tomatoes (2g - carbs, <1g - fiber)
- Salad (3g - carbs, 1g - fiber)
- Celery (1g - carbs, <1g - fiber)
- Cucumbers (2g - carbs, 0g - fiber)
- Corn (10g - carbs, 1g - fiber)
- Salsa Cup (2g - carbs, 0g - fiber)
- Baby Carrots (1g - carbs, 0g - fiber)

Breakfast menu

Main Entrees

- Sausage , egg & cheese on whole grain english muffin (27g - carbs, 3g - fiber)
- Yeast donut ring w/ icing & sprinkles (58g - carbs, 3g - fiber)
- Breakfast burrito (24g - carbs, 3g - fiber)
- Stuffed bagel- strawberry cream cheese (42g - carbs, 2g - fiber)
- Zee Zee Cocoa Cherry (33g - carbs, 2g - fiber)
- Bagel w/ cream cheese cup (37g - carbs, 4g - fiber)
- Maple Waffle & Syrup cup (47g - carbs, 5g - fiber)
- Breakfast Bagel (23g - carbs, 2g - fiber)
- Stuffed bagel -cinnamon cream cheese (41g - carbs, 3g - fiber)
- Zee Zee Birthday Cake (24g - carbs, 2g - fiber)
- Pancake Sausage Sandwich
- Blueberry pancakes (35g - carbs, 4g - fiber)

Weekly Alternates

- Yogurt cup with Granola Pouch (15g - carbs, 0g - fiber) (20g- carbs, 2g - fiber)
- Assorted cereal
- Lucky Charms (47g - carbs, 4g - fiber)
 - Cinnamon Toast Crunch (44g - carbs, 7g - fiber)
 - Cocoa Puffs (47g - carbs, 3g - fiber)
 - Cheerios - Plain (21g - carbs, 3g - fiber)
 - Cinnamon Chex (23g- carbs, 1g - fiber)

Sides

Weekly fruits:

- Craisins (27g - carbs, 2g - fiber)
- Apples (15g - carbs, 3g - fiber)

- Oranges (15g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)
- Pears (25g - carbs, 5g - fiber)
- Plums (8g - carbs, 1g - fiber)

Juice

- Apple (14g - carbs, 0g - fiber)
- Orange (13g - carbs, 0g - fiber)
- Grape (21g - carbs, 0g - fiber)
- Fruit Punch (14g - carbs, 0g - fiber)