

Lunch Main Entrees

Monday's:

1. Chicken Tenders (15g - carbs, 1.5g - fiber) w/ Dinner Roll (23g- carbs, 1g-fiber) & Pasta (42g- carbs, 2g-fiber)
2. Chicken Flatbread sandwich: Diced Chicken (1g - carbs, 0g - fiber), Shredded cheese (1g - carbs, 0g - fiber), Flatbread (2g - carbs, <1 g - fiber)
3. Lasagna Roll Up (29g- carbs, 2g-fiber) w/ Mini Garlic Toast (12g- carbs, 1g-fiber)

Tuesday's:

1. Walking Taco - Taco beef (5g - carbs, 2g - fiber), Cheese sauce (3g - carbs, 0g - fiber), Doritos (Nacho Cheese) (27g- carbs, 3g-fiber)
2. Chicken Tacos: Fajita chicken (2g - carbs, 0g - fiber), Shredded cheese (1g - carbs, 0g - fiber) & 6" Tortillas (2) (28g- carbs, 2g-fiber)
3. Beef Nachos - Taco beef (5g - carbs, 2g - fiber), Cheese sauce (3g - carbs, 0g - fiber), Tortilla chips (20g- carbs, 2g-fiber)

Wednesday:

1. French Toast Sticks (42g - carbs, 4g - fiber) w/ Sausage Patty (1g - carbs, 0g - fiber)
2. Chicken Nuggets (16g - carbs, 3g - fiber) w/ Biscuit (12g- carbs, 1g-fiber)
3. Honey Crunch Corndog (30g - carbs, 2g-fiber)

Thursday's:

1. Mac N Cheese (27.44g - carbs, 0.9g - fiber) w/ Mini Texas Toast (12g- carbs, 1g-fiber)
2. Spaghetti w/ Meatsauce (10g- carbs, 0g-fiber) and Mini Texas Toast (12g- carbs, 1g-fiber)
3. The Bowl: Popcorn Chicken (15g - carbs, 2g - fiber), Mashed Potatoes (20g - carbs, 2g - fiber), Corn (15g - carbs, 2g - fiber), Gravy (4g - carbs, 0g - fiber), Shredded Cheese (1g - carbs, 0g - fiber)

Friday's:

1. Bosco Sticks (2): (36g- carbs, 4g - fiber) & Rice Krispie (18g- carbs, 1g-fiber)
2. Detroit Style Pizza (44g- carbs, 1g-fiber) & Scooby snacks (21g- carbs, 2g-fiber)
3. Cheesy Pull Apart (33g- carbs, 4g - fiber) & Cookie (8g- carbs, 0g-fiber)

Weekly Alternates - 3 week rotation

1. Chicken Sandwich: Chicken Patty (16g - carbs, 2g - fiber), Bun (19g - carbs, 2g - fiber)
1. Yogurt Plate: Yogurt (13g- carbs, 0g-fiber) w/ Granola (50g - Carbs, 10g - Fiber)
2. Hotdog: Hotdog (1g- carbs, 0g-fiber), Bun (19g- carbs, 2g-fiber)
2. Nacho Plate: Chips (36g - carbs, 3g - fiber), cheese cup (13g - carbs, 0g - fiber), hummus cup (18g - carbs, 5g - fiber), salsa cup (2g - carbs, 0g - fiber)
3. Cheeseburger: Hamburger Patty (0g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Bun (19g - carbs, 2g - fiber)
3. Sub Sandwich/Wrap: Deli Meat (5g - carbs, 0g - fiber), Cheese Slice (2g - carbs, 0g - fiber), Hamburger Bun (19g - carbs, 2g - fiber)

Additional Entrees (Limited Availability)

Lunchable Kit (Pizza) (41g - carbs, 4g - fiber)
Lunchable Kit (Turkey & Cheese) (41g - carbs, 1g - fiber)
Lunchable Kit (Ham & Cheese) (39g - carbs, 3g - fiber)
Uncrustable (Grape) (34g - carbs, 4g - fiber)
Uncrustable (Strawberry) (33g - carbs, 4g - fiber)

Weekly fruits:

- Apples (15g - carbs, 3g - fiber)
- Apple slices (15g - carbs, 2g - fiber)
- Applesauce (24g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)
- Blueberries (10g - carbs, 2g - fiber)
- Craisins (27g - carbs, 2g - fiber)
- Grapes (29g - carbs, 1g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Pears, Whole (25g - carbs, 5g - fiber)
- Pears, Sliced (15g - carbs, 2g - fiber)
- Peaches, Sliced (16g - carbs, 1g - fiber)
- Pineapple (13g - carbs, 1g - fiber)
- Plums (8g - carbs, 1g - fiber)
- Sour raisins (29g - carbs, 2g - fiber)
- Strawberries (12g - carbs, 3g - fiber)
- Watermelon (11g - carbs, 1g - fiber)

Weekly vegetables:

- Baby Carrots (1g - carbs, 0g - fiber)
- Baked Beans (30g - carbs, 5g - fiber)
- Black Beans (23g - carbs, 6g - fiber)
- Broccoli (3g - carbs, 1g - fiber)
- Carrots (7g - carbs, 2g - fiber)
- Cauliflower (5g - carbs, 2g - fiber)
- Celery (1g - carbs, <1g - fiber)
- Corn (10g - carbs, 1g - fiber)
- Cucumbers (2g - carbs, 0g - fiber)
- Green Beans (11g - carbs, 5g - fiber)
- Peas (12g - carbs, 2g - fiber)
- Peppers (6g - carbs, 2g - fiber)
- Potato (French) (18g - carbs, 1g - fiber)
- Potato (Hashbrown) (33g - carbs, 3g - fiber)
- Potato (Tater Tot) (16g - carbs, 1g - fiber)
- Tomatoes (2g - carbs, <1g - fiber)
- Salad (3g - carbs, 1g - fiber)

Weekly Condiments (for a 2 TBSP equivalent)

Ketchup (5g - carbs, 0g - fiber)

Mustard (0g - carbs, 0g - fiber)

Mayo (0g - carbs, 0g - fiber)

Ranch (2g - carbs, 0g - fiber)

BBQ Sauce (12g - carbs, 0g - fiber)

Sour Cream (Tuesday's Only) (1g - carbs, 0g - fiber)

Syrup (Breakfast Meals only) (26g - carbs, 0g - fiber)

Cream Cheese Cup (Bagel only) (2g - carbs, 0g - fiber)

Breakfast Main Entrees

Cinnamon Roll (49g - carbs, 4g - fiber) w/ Icing (82g - carbs, 0g - fiber)
Cheese Omelet (1g - carbs, 0g - fiber) & Muffin (24g - carbs, 4g - fiber)
Bagel - Plain (41g - Carbs, 1g - Fiber)
 - Blueberry (42g - Carbs, 1g - Fiber)
Maple Pancake Sausage Corndog (18g - carbs, 2g - fiber)
Cini Mini (41g - carbs, 3g - fiber)
Strawberry Bagelstick (42g - carbs, 2g - fiber)
Zee Zee (Cocoa Cherry) (33g - carbs, 2g - fiber)
Zee Zee(Cinnamon) (24g - carbs, 1g - fiber)
Uncrustable (Grape) (34g - carbs, 4g - fiber)
Uncrustable (Strawberry) (33g - carbs, 4g - fiber)
SunButter & Jelly Sandwich (33g - carbs, 4g - fiber)
Belvita Bites (21g - carbs, 2g - fiber) & Cheese Stick (1g - carbs, 0g - fiber)
Confetti Pancakes (35g - carbs, 4g - fiber)
Apple cinnamon texas toast (45g - carbs, 2g - fiber)

Everyday Options

Assorted cereal

- Lucky Charms (22g - carbs, 3g - fiber)
- Cinnamon Toast Crunch(22g - carbs, 2g - fiber)
- Cocoa Puffs (83g - carbs, 5g - fiber)
- Cinnamon Chex (23g - carbs, 1g - fiber)

Yogurt Cup (14g - carbs, 0g - fiber) w/ Granola Pouch (20g - carbs, 2g - fiber)

Weekly fruits:

- Raisins (31g - carbs, 2g - fiber)
- 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 (21g - carbs, 0g - fiber)
- Orange (14g - carbs, 0g - fiber)
- Grape (19g - carbs, 0g - fiber)
- Fruit Punch (14g - carbs, 0g - fiber)