

CARB COUNTS

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Feb
				15 Pork chop breaded <i>W-S-E-P</i> 26 flatbread <i>M-W</i> 1 mozzarella cheese <i>M</i> 4 marinara <i>CNA</i> 3 Dinner salad 4 tomatoes <i>CNA</i> 15 orange <i>CNA</i> *Milk
4	5	6	7	8
31 Mini Chicken Tacos (3) <i>m-w-s-v</i> 3 Tossed salad <i>CNA</i> **dressing 24 Refried Beans <i>CNA</i> 14 Applesauce <i>CNA</i> 6 Salsa <i>V</i> *Milk	10 Popcorn Chicken <i>W-S</i> 17 Mashed potatoes <i>CNA</i> 1 gravy <i>W</i> 4 Baby carrots <i>CNA</i> **dip 11 Sliced oranges <i>CNA</i> 13 Biscuit <i>M-W</i> 0 margarine <i>S</i> *Milk	31 Burrito <i>W-M-S</i> 6 salsa <i>V</i> 5 Tossed salad <i>CNA</i> **dressing 18 Black bean salsa 8 chips <i>CNA</i> 10 Fresh pineapple <i>CNA</i> *Milk	17 Country fried steak <i>W</i> 31 bun <i>W</i> 12 Mashed potatoes <i>CNA</i> 1 gravy <i>W</i> 5 broc/cauliflower <i>CNA</i> **dip 23 Peaches <i>CNA</i> *Milk	32 Pepperoni Pizza Pocket (TURKEY/BEEF) <i>M-E-W-S</i> 5 Dinner salad/ 4 Carrots <i>CNA</i> 19 Apricots <i>CNA</i> 19 F. Free Vanilla Pudding <i>M</i> *Milk
11	12	13	14	15
3 TavernMeat <i>W-V-S</i> 31 bun <i>W</i> 0 Sliced pickles <i>V</i> 20 Baked beans <i>V</i> 19 Pears <i>CNA</i> 19 Cookie <i>M</i> *Milk	9 Turkey ala king <i>M w/</i> 13 biscuit <i>M-W</i> 5 Dinner salad 4 tomatoes <i>CNA</i> 18 Mandarin oranges <i>CNA</i> 1 Colby Jack cheese stick <i>M</i> *Milk	14 Chili <i>beef</i> 5 Dinner salad/ 3 cauliflower <i>CNA</i> 42 W. G. Cinnamon Roll <i>M-E-W-S</i> 14 Cheddar Gold fish crackers <i>W-M</i> 19 Apricots <i>CNA</i> *Milk	17 Orange chicken <i>W-S-V</i> 30 Rice <i>W-S-V-SM</i> 4 Carrots/ 3 celery/ <i>CNA</i> **Dip 19 Banana <i>CNA</i> 16 Bread <i>W</i> 0 margarine <i>S</i> *Milk	29 Multi cheese french bread <i>W-M-S</i> 5 Dinner salad 2 cucumber <i>CNA</i> 11 Apple/Grapes <i>CNA</i> *Milk
18	19	20	21	22
Honey Stung Chicken 5 Sauce <i>S-V</i> 4 Chicken <i>CNA</i> 20 Baked beans <i>V</i> 0 Pickle spear <i>V</i> 20 Pineapple tidbits <i>CNA</i> 16 Bread <i>W</i> 0 margarine <i>S</i> *Milk	32 Goulash <i>W-E</i> 1 String cheese stick <i>M</i> 5 Dinner salad 4 tomatoes <i>CNA</i> 16 Bread <i>W</i> 0 margarine <i>S</i> 18 Mandarin oranges <i>CNA</i> *Milk	12 Chicken noodle soup <i>M-E-W</i> 4 Carrots/ 3 celery/ <i>CNA</i> **Dip 6 p butter <i>N</i> 19 Pears <i>CNA</i> 42 W. G. Cinnamon Roll <i>M-E-W-S</i> 16 Pretzel Gold fish crackers <i>M-W</i> *Milk	24 Nacho bites (6) <i>M-W-S-V</i> 3 Dinner salad <i>CNA</i> **dressing 24 Refried Beans <i>CNA</i> 6 Salsa <i>V</i> 14 Applesauce <i>CNA</i> *Milk	PIZZA BURGER 2 Beef Patty <i>S</i> 31 Bun <i>W</i> 1 mozzarella cheese <i>M</i> 4 marinara <i>CNA</i> 14 Ranch wedges <i>CNA</i> 18 Peaches <i>CNA</i> 0 Sliced pickles <i>V</i> *Milk
25	26	27	28	1-Mar
NO Elementary School	15 Chicken Pattie <i>W-S</i> 31 Bun <i>W</i> 14 Ranch wedges <i>CNA</i> 4 Baby carrot <i>CNA</i> **Dip 9 Sliced Apples <i>CNA</i> *Milk	14 Chili <i>beef</i> 5 broc/cauliflower <i>CNA</i> **dip 42 W. G. Cinnamon Roll <i>M-E-W-S</i> 18 Peaches <i>CNA</i> 14 Cheddar Gold fish crackers <i>W-M</i> *Milk	1 Ham <i>P</i> / 31 Bun <i>W</i> 1 Green Eggs <i>M-E</i> 20 Baked beans <i>V</i> 3 Dinner salad <i>CNA</i> **dressing 10 Fresh Pineapple <i>CNA</i> *Milk	NO SCHOOL
* Milk Info 13 skim/1% 20 chocolate 20 strawberry	**Dip/Dressing Info 6 ranch lite <i>M-E</i> 12 fat free dorothy lynch <i>W</i> 3 salad dressing lite <i>S-E</i> 11 french <i>S</i>	CNA (contains no allergens)	M = MILK/LACTOSE W = WHEAT/GLUTEN N = PEANUTS SM - SESAME S = SOY	E = EGG PRODUCT EW = WHOLE EGG P = PORK V = VINEGAR