

MAY 2018 CARB COUNTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

KANAWHA COUNTY SCHOOLS

<p>30 Sausage Biscuit(22), Asst Cereal, Fruit, Juice, Milk Chicken Nuggets(10) Mashed Potatoes(15) Savory Carrot Coins(6) Hot Roll(30) Garden/Fruit Bar Milk & Water</p>	<p>1 Zucchini Bread(43), Asst Cereal, Fruit, Juice, Milk Cheeseburger on WG Bun(31.5) Lettuce, Tomato, Onion(3) Great Northern Beans(26) Crinkle Cut Fries(19) Garden/Fruit Bar Milk & Water</p>	<p>2 Pancake on a Stick(19) Asst Cereal, Fruit, Juice, Milk School Made Pepperoni Pizza(35) Steamed Broccoli(5) Spring Garden Salad(5) Chilled Sliced Peaches(14) Garden/Fruit Bar Milk & Water</p>	<p>3 Super Doughnut(23), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Spaghetti w Meat Sauce(34.25) Green Beans(3) Hot Roll(30) Strawberries, Blueberries, Bananas(18) Garden/Fruit Bar</p>	<p>4 Cinnamon Puffs(17.5) Asst Cereal, Fruit, Juice, Milk Hot Dog on WG Bun(24) Chili, Coleslaw(8) Vegetarian Beans(26) Baked Lays Chips(19) Garden/Fruit Bar Milk & Water</p>
<p>7 Blueberry Muffin(30) Asst Cereal, Fruit, Juice, Milk Sweet and Saucy BBQ(9) on WG Bun(31)Lettuce, Tomato, Rainbow Pepper(3) Strips: Seasoned Potato Wedges(21) Baked Beans(36), Applesauce (14) Garden/Fruit Bar Milk & Water</p>	<p>8 NO SCHOOL</p>	<p>9 Breakfast Pizza(25) Assorted Cereal, Fruit, Juice, Milk Deli Turkey Sandwich(31) Lettuce, Tomato, Onion (3) Crinkle Cut Fries (19) Calico Baked Beans (36) Garden/Fruit Bar Milk & Water</p>	<p>10 Mini Maple Pancakes(31), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Breakfast for Lunch: Scrambled Eggs(1), Sausage Patty, Diced Roasted Potatoes(14), Biscuits(22), Warm Cinnamon Apples(46.5), Salsa(2), Country Gravy(6) Garden/Fruit Bar Milk & Water</p>	<p>11 Banana Bread(44), Nutri gran Bar(30) Asst Cereal, Fruit, Juice, Milk Pepperoni Roll(30) Baby Carrots/Cucumber Slices(6) Yogurt(20) or Cheese Stick(1) Parmesan Steamed Broccoli(5.5) Garden/Fruit Bar Milk & Water</p>
<p>14 English Muffin w Egg & Cheese(27.5) Asst Cereal, Fruit, Juice, Milk Cheese Pizza Wedge(35) BBQ Chicken(15.82)-High School Steamed Broccoli Parmesan(5.5) Spring Garden Salad w Baby Spinach(5) Garden/Fruit Bar</p>	<p>15 WG Bagel(34) w Cream Cheese(1), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Salisbury Steak w Brown Gravy(6) Mashed Potatoes(15) Green Beans(5), Hot Roll(30) Garden/Fruit Bar Milk & Water</p>	<p>16 French Toast Minis(34) Asst Cereal, Fruit, Juice, Milk Cheeseburger on WG Bun(31.5) Lettuce, Tomato, Onion(3) Seasoned Steak Fries(20) Honey Glazed Carrot Coins(7.75) Garden/Fruit Bar Milk & Water</p>	<p>17 Breakfast Bread(43), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Italian Pasta Bake (24) Savory Carrots(6) School Made WG Hot Roll(30) Strawberries & Bananas(18) Garden/Fruit Bar Milk & Water</p>	<p>18 Sausage Biscuit(22) Asst Cereal, Fruit, Juice, Milk Beef Tacos(20.35): lettuce, tomato, salsa, sour cream(2), Refried Beans(20) Buttered Corn(21), Peach Cup(14) Chocolate Cake(41) & Ice Cream(15) Garden/Fruit Bar Milk & Water</p>
<p>21 Mini Waffles(38) Asst Cereal, Fruit, Juice, Milk Chicken Nuggets(10) Mashed Potatoes(15) Seasoned Green Beans(3) School Made WG Hot Roll(30) Garden/Fruit Bar Milk & Water</p>	<p>22 Super Doughnut(23), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Hot Dog on WG Bun(24) Chili, Creamy Coleslaw(8) Vegetarian Beans(26) Baked Chips(19) Garden/Fruit Bar Milk & Water</p>	<p>23 Sausage Biscuit(22) Asst Cereal, Fruit, Juice, Milk Sloppy Joe on WG Bun(31) Red Roasted Potato Wedges(21) Carrot Sticks(6), Baked Beans(36) Garden/Fruit Bar Milk & Water</p>	<p>24 Egg and Cheese on English Muffin(27.5) Cereal, Hot Oats, Fruit, Juice, Milk Fiesta Beef Taco(20.35): lettuce, tomato, sour cream(2), shredded Cheese Nacho Chips(18) and Salsa(2) Mexicali Corn(15.5) Garden/Fruit Bar Milk & Water</p>	<p>25 Cinnamon Puffs(17.5), Cereal, Yogurt(20) Fresh Fruit, Juice, Milk Cook's Choice</p>
<p>28 NO SCHOOL</p>	<p>29 Sausage Biscuit(22), Asst Cereal, Fruit, Juice, Milk Deli Turkey Wrap (39) Lettuce, Tomato, Onion (3) Seasoned Potato Wedges (21) Savory Carrot Coins(6) Garden/Fruit Bar Milk & Water</p>	<p>30 Cinnamon Puffs(17.5) Asst Cereal, Fruit, Juice, Milk Cheeseburger on WG Bun(23) Lettuce, Tomato, Onion(3) Great Northern Beans(26) Crinkle Cut Fries(19) Applesauce Cake(33) & Ice Cream(15) Garden/Fruit Bar, Milk & Water</p>	<p>31 Super Doughnut(23), Yogurt(20) Asst Cereal, Fruit, Juice, Milk Cook's Choice</p>	<p>1 Zucchini Bread(43), Asst Cereal, Fruit, Juice, Milk Cook's Choice</p>

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