

# September 2022 Carb Counts



Mon	Tue	Wed	Thu	Fri
			1	2
<b>5</b> <b>LABOR DAY</b> <b>NO SCHOOL</b>	<b>6</b> Pizza Bagel 31g Green Beans 6g	<b>7</b> Grilled Chicken 0g BBQ Sauce 10g Hamburger Bun 29g French Fries 19g	<b>8</b> Asian Chicken 24g Rice 17g Peas 6g Carrots 9g	<b>9</b> Macaroni & Cheese 46g Broccoli 8g
<b>12</b> Riblet 6g Hamburger Bun 29g Baked Beans 45g	<b>13</b> Doritos 20g Taco Meat 3g Corn 25.5g	<b>14</b> Tuna 0g Mayo 1g Hot Dog Bun 29g Carrots 9g	<b>15</b> Cubed Chicken 0g Cheddar Cheese 0g Wrap 24g Green Beans 6g	<b>16</b> Cheese Pizza 35g Broccoli 8g
<b>19</b> Hot Dog 1g Hot Dog Bun 29g Baked Beans 45g	<b>20</b> Taco Meat 3g Wrap 24g Corn 25.5g	<b>21</b> Grilled Chicken 0g Alfredo Sauce 4g Penne 30g Broccoli 8g	<b>22</b> Sausage 1g Egg 1g Cheese 1g Croissant 29g French Fries 18g	<b>23</b> Cheese Calzone 30g Carrots 9g
<b>26</b> Grilled Cheese Sandwich 26g Tomato Soup 20g Green Beans 6g	<b>27</b> Asian Chicken 24g Rice 17g Peas 6g Carrots 9g	<b>28</b> Meatballs 3g Sauce 3g Sub Roll 32g Corn 25.5g	<b>29</b> Popcorn Chicken 14g French Fries 19g	<b>30</b> Cheese Pizza 35g Broccoli 8g

ALL MEALS INCLUDE ASSORTED FRUIT & MILK

*MENU SUBJECT TO CHANGE WITHOUT NOTICE*

*“USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER”*