

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

August 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8  <b>Chicken Alfredo</b> #6 Scoop = 48.6 g  <b>Seasoned Carrots</b> ½ c = 6 g  <b>Caesar Salad</b> 1 c = 8 g  <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>9  <b>Down Home Salisbury Steak w/ Gravy</b> = 6.6 g  <b>Creamed Potatoes</b> ½ c = 17 g  <b>Seasoned Garlic Broccoli</b> ½ c = 5.10 g  <b>School-Made Roll</b> 2 oz. = 29.8 g</p>	<p>10  <b>Hot Dog</b> = 35 g  <b>w/ Chili</b> ¼ c = 5.88 g                      Optional: Shredded Cheese = 0  <b>Baked Beans</b> ½ c = 25.19 g  <b>Baked Potato Tots</b> ½ c = 16 g</p>	<p>11  <b>Chicken Nuggets</b> 5 pieces = 12.03 g  <b>Mac N Cheese</b> #8 scoop = 24.09 g  <b>Savory Green Beans</b> ½ c = 4 g  <b>Garden Salad</b> 1 c = 7.5 g</p>	<p>12  <b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g  <b>Seasoned Corn</b> ½ c = 11.22 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>Garlic Bread Stick</b> 1 = 15 g  <b>Marinara Sauce</b> – 2.5 oz = 6 g</p>
<p>15  <b>Sloppy Joe</b> ½ c = 10.6 g  <b>on HB Bun</b> = 31 g  <b>Baked French Fries</b> ½ c = 18 g  <b>Garden Salad</b> 1 c = 7.5 g</p>	<p>16  <b>Stew-</b> ½ cup = 10.2 g  <b>Steamed Rice</b> ½ c = 22.21 g  <b>Seasoned Green Beans</b> ½ c = 4 g  <b>Steamed Mixed Veggies</b> ½ c = 9 g  <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>17  <b>Crispy Nacho Grand</b>                      Taco Meat 2.5 oz. = 3 g                      Chicken Fajita 3.2 oz. = 1 g                      Nacho Chips 1 pack = 20.36 g                      1 – Tortilla Wrap = 24 g  <b>Cheese Cup</b> = 0  <b>Taco Garnish</b> 1 c = 4 g  <b>Salsa Cup – 3 oz. Cups</b> = 6 g  <b>Pinto Beans</b> ½ c = 18 g  <b>WG Spanish Rice</b> ½ c = 23 g</p>	<p>18  <b>Red Beans w Sausage</b> ½ c = 20.4 g  <b>Steamed Rice</b> ½ c = 22.21 g  <b>Seasoned Greens</b> ½ c = 4 g  <b>Roasted Sweet Potatoes</b> ½ c = 17 g  <b>Golden Cornbread – 1 oz.</b> = 16 g</p>	<p>19  <b>Pizza Slice 1 slice</b>                      Pepperoni – 45 g                      Cheese – 46 g  <b>Steamed Corn</b> ½ c = 11.22 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>
<p>22  <b>Jambalaya</b> #6 Scoop = 34.16 g  <b>White Beans</b> ½ c = 22.7 g  <b>Mixed Green Salad</b> 1 c = 7.5 g  <b>School-made Roll</b> 1 oz. 14.9 g  <b>*Optional Pastalaya</b> #6 Scoop = 34.64 g</p>	<p>23  <b>Hamburger</b> = 3.1 g  <b>on HB Bun</b> = 31 g  <b>Hamburger Garnish</b> 1 c = 4 g  <b>Seasoned Wedges</b> ½ c = 19 g</p>	<p>24  <b>Baked Chicken</b> 0  <b>Seasoned Rice</b> ½ c = 23 g  <b>Seasoned Broccoli</b> ½ c = 5.10 g  <b>Roasted Sweet Potatoes</b> ½ c = 17 g  <b>School-made Roll - 1 oz.</b> = 14.9 g</p>	<p>25  <b>Chili Mac</b> #6 Scoop = 35.22 g  <b>Steamed Green Beans</b> ½ c = 4 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>School-made Roll, 1 oz.</b> = 14.9 g  <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>	<p>26  <b>Hot Ham &amp; Cheese</b> = 3 g  <b>on Hamburger Bun</b> = 31 g  <b>French Fries</b> ½ c = 18 g  <b>Sandwich Garnish</b> 1 c = 4 g  <b>Chips</b> 1 pack = 19 g</p>
<p>29  <b>Chicken Alfredo</b> #6 Scoop = 48.6 g  <b>Seasoned Carrots</b> ½ c = 6 g  <b>Caesar Salad</b> 1 c = 8 g  <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>30  <b>Meatloaf w/ Gravy</b> 2.5 oz = 19.15 g  <b>Creamed Potatoes</b> ½ c = 17 g  <b>Seasoned Garlic Broccoli</b> ½ c = 5.10 g  <b>School-Made Roll</b> 2 oz. = 29.8 g</p>	<p>31  <b>Pig in Blankets</b> = 35 g  <b>Baked Beans</b> ½ c = 25.19 g  <b>Baked Potato Tots</b> ½ c = 16 g</p>	<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g – 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g  <b>Milk - 8 oz. serving</b>                      Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g</p>	
<p><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b>  <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p>				

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

September 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g</p> <p><b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g</p> <p><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></p> <p><b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p>			<p>1</p> <p><b>Chicken Nuggets</b> 5 pieces = 12.03 g</p> <p><b>Mac N Cheese</b> #8 scoop = 24.09 g</p> <p><b>Savory Green Beans</b> ½ c = 4 g</p> <p><b>Garden Salad</b> 1 c = 7.5 g</p>	<p>2</p> <p><b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g</p> <p><b>Seasoned Corn</b> ½ c = 11.22 g</p> <p><b>Popeye Salad</b> 1 c = 8.24 g</p> <p><b>Garlic Bread Stick</b> 1 = 15 g</p> <p><b>Marinara Sauce</b>–2.5 oz = 6 g</p>
<p>5</p> <p><b>Labor Day - Holiday</b></p>	<p>1</p> <p><b>Sloppy Joe</b> ½ c = 10.6 g on <b>HB Bun</b> = 31 g</p> <p><b>Baked French Fries</b> ½ c = 18 g</p> <p><b>Garden Salad</b> 1 c = 7.5 g</p>	<p>16</p> <p><b>Stew</b>- ½ cup = 10.2 g</p> <p><b>Steamed Rice</b> ½ c = 22.21 g</p> <p><b>Seasoned Green Beans</b> ½ c = 4 g</p> <p><b>Roasted Sweet Potatoes</b> ½ c = 17 g</p> <p><b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>17</p> <p><b>Crispy Nacho Grand</b></p> <p>Taco Meat 2.5 oz. = 3 g</p> <p>Chicken Fajita 3.2 oz. = 1 g</p> <p>Nacho Chips 1 pack = 20.36 g</p> <p>1 – Tortilla Wrap = 24 g</p> <p><b>Taco Garnish</b> 1 c = 4 g</p> <p><b>Salsa Cup – 3 oz. Cups</b> = 6 g</p> <p><b>Pinto Beans</b> ½ c = 18 g</p> <p><b>WG Spanish Rice</b> ½ c = 23 g</p>	<p>9</p> <p><b>White Beans w Sausage</b> ½ c = 23.5 g</p> <p><b>Steamed Rice</b> ½ c = 22.21 g</p> <p><b>Seasoned Greens</b> ½ c = 4 g</p> <p><b>Steamed Mixed Veggies</b> ½ c = 9 g</p> <p><b>Golden Cornbread</b> - 1 oz. = 16 g</p>
<p>12</p> <p>* <b>Pastalaya</b> #6 Scoop = 34.64 g</p> <p><b>White Beans</b> ½ c = 22.7 g</p> <p><b>Mixed Green Salad</b> 1 c = 7.5 g</p> <p><b>School-made Roll</b> 1 oz. 14.9 g</p> <p>*<b>Optional Jambalaya</b> #6 Scoop = 34.16 g</p>	<p>13</p> <p><b>Chicken Patty</b></p> <p>Grilled = 3 g</p> <p>Breaded = 14.31 g</p> <p>on <b>HB Bun</b> = 31 g</p> <p><b>Hamburger Garnish</b> 1 c = 4 g</p> <p><b>Seasoned Wedges</b> ½ c = 19 g</p>	<p>14</p> <p><b>Baked Chicken 0</b></p> <p><b>Seasoned Rice</b> ½ c = 23 g</p> <p><b>Seasoned Broccoli</b> ½ c = 5.10 g</p> <p><b>Roasted Sweet Potatoes</b> ½ c = 17 g</p> <p><b>School-made Roll</b> - 1 oz. = 14.9 g</p>	<p>15</p> <p><b>Chili Mac</b> #6 Scoop = 35.22 g</p> <p><b>Steamed Green Beans</b> ½ c = 4 g</p> <p><b>Popeye Salad</b> 1 c = 8.24 g</p> <p><b>School-made Roll</b>, 1 oz. = 14.9 g</p> <p><b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>	<p>16</p> <p><b>Hot Ham &amp; Cheese</b> = 3 g</p> <p>on <b>Hamburger Bun</b> = 31 g</p> <p><b>French Fries</b> ½ c = 18 g</p> <p><b>Sandwich Garnish</b> 1 c = 4 g</p> <p><b>Chips</b> 1 pack = 19 g</p>
<p>19</p> <p><b>Chicken Alfredo</b> #6 Scoop = 48.6 g</p> <p><b>Seasoned Carrots</b> ½ c = 6 g</p> <p><b>Caesar Salad</b> 1 c = 8 g</p> <p><b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>20</p> <p><b>Down Home Salisbury Steak w/ Gravy</b> = 6.6 g</p> <p><b>Creamed Potatoes</b> ½ c = 17 g</p> <p><b>Seasoned Garlic Broccoli</b> ½ c = 5.10 g</p> <p><b>School-Made Roll</b> 2 oz. = 29.8 g</p>	<p>21</p> <p><b>Hot Dog</b> = 35 g</p> <p>w/ <b>Chili</b> ¼ c = 5.88 g</p> <p>Optional: Shredded Cheese = 0</p> <p><b>Baked Beans</b> ½ c = 25.19 g</p> <p><b>Baked Potato Tots</b> ½ c = 16 g</p>	<p>22</p> <p><b>Chicken Nuggets</b> 5 pieces = 12.03 g</p> <p><b>Mac N Cheese</b> #8 scoop = 24.09 g</p> <p><b>Savory Green Beans</b> ½ c = 4 g</p> <p><b>Garden Salad</b> 1 c = 7.5 g</p>	<p>23</p> <p><b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g</p> <p><b>Seasoned Corn</b> ½ c = 11.22 g</p> <p><b>Popeye Salad</b> 1 c = 8.24 g</p> <p><b>Garlic Bread Stick</b> 1 = 15 g</p> <p><b>Marinara Sauce</b>–2.5 oz = 6 g</p>
<p>26</p> <p><b>Sloppy Joe</b> ½ c = 10.6 g on <b>HB Bun</b> = 31 g</p> <p><b>Baked French Fries</b> ½ c = 18 g</p> <p><b>Garden Salad</b> 1 c = 7.5 g</p>	<p>27</p> <p><b>Stew</b>- ½ cup = 10.2 g</p> <p><b>Steamed Rice</b> ½ c = 22.21 g</p> <p><b>Seasoned Green Beans</b> ½ c = 4 g</p> <p><b>Steamed Mixed Veggies</b> ½ c = 9 g</p> <p><b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>28</p> <p><b>Crispy Nacho Grand</b></p> <p>Taco Meat 2.5 oz. = 3 g</p> <p>Chicken Fajita 3.2 oz. = 1 g</p> <p>Nacho Chips 1 pack = 20.36 g</p> <p>1 – Tortilla Wrap = 24 g</p> <p><b>Taco Garnish</b> 1 c = 4 g</p> <p><b>Salsa Cup – 3 oz. Cups</b> = 6 g</p> <p><b>Pinto Beans</b> ½ c = 18 g</p> <p><b>WG Spanish Rice</b> ½ c = 23 g</p>	<p>29</p> <p><b>Red Beans w Sausage</b> ½ c = 20.4 g</p> <p><b>Steamed Rice</b> ½ c = 22.21 g</p> <p><b>Seasoned Greens</b> ½ c = 4 g</p> <p><b>Roasted Sweet Potatoes</b> ½ c = 17 g</p> <p><b>Golden Cornbread – 1 oz.</b> = 16 g</p>	<p>30</p> <p><b>Pizza Slice 1 slice</b></p> <p>Pepperoni – 45 g</p> <p>Cheese – 46 g</p> <p><b>Steamed Corn</b> ½ c = 11.22 g</p> <p><b>Popeye Salad</b> 1 c = 8.24 g</p> <p><b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

October 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Jambalaya #6 Scoop = 34.16 g</b>  <b>White Beans ½ c = 22.7 g</b>  <b>Mixed Green Salad 1 c = 7.5 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b>  <b>*Optional Pastalaya #6 Scoop = 34.64 g</b></p>	<p>4</p> <p><b>Hamburger = 3.1 g</b>  <b>on HB Bun = 31 g</b>  <b>Hamburger Garnish 1 c = 4 g</b>  <b>Seasoned Wedges ½ c = 19 g</b></p>	<p>5</p> <p><b>Baked Chicken 0</b>  <b>Seasoned Rice ½ c = 23 g</b>  <b>Seasoned Broccoli ½ c = 5.10 g</b>  <b>Roasted Sweet Potatoes ½ c = 17 g</b>  <b>School-made Roll - 1 oz. = 14.9 g</b></p>	<p>6</p> <p><b>Chili Mac #6 Scoop = 35.22 g</b>  <b>Steamed Green Beans ½ c = 4 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>School-made Roll, 1 oz. = 14.9 g</b>  <b>Marinara Sauce – 2.5 oz. = 6 g</b></p>	<p>7</p> <p><b>Hot Ham &amp; Cheese = 3 g</b>  <b>on Hamburger Bun = 31 g</b>  <b>French Fries ½ c = 18 g</b>  <b>Sandwich Garnish 1 c = 4 g</b>  <b>Chips 1 pack = 19 g</b></p>
<p>10</p> <p><b>Chicken Alfredo #6 Scoop = 48.6 g</b>  <b>Seasoned Carrots ½ c = 6 g</b>  <b>Caesar Salad 1 c = 8 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b></p>	<p>11</p> <p><b>Meatloaf w/ Gravy 2.5 oz = 19.15 g</b>  <b>Creamed Potatoes ½ c = 17 g</b>  <b>Seasoned Garlic Broccoli ½ c = 5.10 g</b>  <b>School-Made Roll 2 oz. = 29.8 g</b></p>	<p>12</p> <p><b>Pig in Blankets = 35 g</b>  <b>Baked Beans ½ c = 25.19 g</b>  <b>Baked Potato Tots ½ c = 16 g</b></p>	<p>13</p> <p><b>Chicken Nuggets 5 pieces = 12.03 g</b>  <b>Mac N Cheese #8 scoop = 24.09 g</b>  <b>Savory Green Beans ½ c = 4 g</b>  <b>Garden Salad 1 c = 7.5 g</b></p>	<p>14</p> <p><b>Spaghetti with Meat Sauce #6 Scoop = 43.13 g</b>  <b>Seasoned Corn ½ c = 11.22 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>Garlic Bread Stick 1 = 15 g</b>  <b>Marinara Sauce–2.5 oz = 6 g</b></p>
<p>17</p> <p><b>Fall Break – Holiday</b></p>	<p>18</p> <p><b>No Students – Inservice: all employees work</b></p>	<p>19</p> <p><b>Crispy Nacho Grand</b>  Taco Meat 2.5 oz. = 3 g  Chicken Fajita 3.2 oz. = 1 g  Nacho Chips 1 pack = 20.36 g  1 – Tortilla Wrap = 24 g  <b>Taco Garnish 1 c = 4 g</b>  <b>Salsa Cup – 3 oz. Cups = 6 g</b>  <b>Pinto Beans ½ c = 18 g</b>  <b>WG Spanish Rice ½ c = 23 g</b></p>	<p>20</p> <p><b>White Beans w Sausage ½ c = 23.5 g</b>  <b>Steamed Rice ½ c = 22.21 g</b>  <b>Seasoned Greens ½ c = 4 g</b>  <b>Steamed Mixed Veggies ½ c = 9 g</b>  <b>Golden Cornbread - 1 oz. = 16 g</b></p>	<p>21</p> <p><b>Pizza Slice 1 slice</b>  Pepperoni – 45 g  Cheese – 46 g  <b>Steamed Corn ½ c = 11.22 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>Marinara Sauce – 2.5 oz. = 6 g</b></p>
<p>24</p> <p><b>* Pastalaya #6 Scoop = 34.64 g</b>  <b>White Beans ½ c = 22.7 g</b>  <b>Mixed Green Salad 1 c = 7.5 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b>  <b>*Optional Jambalaya #6 Scoop = 34.16 g</b></p>	<p>25</p> <p><b>Chicken Patty</b>  Grilled = 3 g  Breaded = 14.31 g  <b>on HB Bun = 31 g</b>  <b>Hamburger Garnish 1 c = 4 g</b>  <b>Seasoned Wedges ½ c = 19 g</b></p>	<p>26</p> <p><b>Baked Chicken 0</b>  <b>Seasoned Rice ½ c = 23 g</b>  <b>Seasoned Broccoli ½ c = 5.10 g</b>  <b>Roasted Sweet Potatoes ½ c = 17 g</b>  <b>School-made Roll - 1 oz. = 14.9 g</b></p>	<p>27</p> <p><b>Chili Mac #6 Scoop = 35.22 g</b>  <b>Steamed Green Beans ½ c = 4 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>School-made Roll, 1 oz. = 14.9 g</b>  <b>Marinara Sauce – 2.5 oz. = 6 g</b></p>	<p>28</p> <p><b>Hot Ham &amp; Cheese = 3 g</b>  <b>on Hamburger Bun = 31 g</b>  <b>French Fries ½ c = 18 g</b>  <b>Sandwich Garnish 1 c = 4 g</b>  <b>Chips 1 pack = 19 g</b></p>
<p>31</p> <p><b>Chicken Alfredo #6 Scoop = 48.6 g</b>  <b>Seasoned Carrots ½ c = 6 g</b>  <b>Caesar Salad 1 c = 8 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b></p>	<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g  <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g  <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b>  <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p>			

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

November 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Down Home Salisbury Steak w/ Gravy</b> = 6.6 g <b>Creamed Potatoes ½ c</b> = 17 g <b>Seasoned Garlic Broccoli ½ c</b> = 5.10 g <b>School-Made Roll 2 oz.</b> = 29.8 g	<b>2</b> <b>Hot Dog</b> = 35 g <b>w/ Chili ¼ c</b> = 5.88 g Optional: Shredded Cheese = 0 <b>Baked Beans ½ c</b> = 25.19 g <b>Baked Potato Tots ½ c</b> = 16 g	<b>3</b> <b>Chicken Nuggets 5 pieces</b> = 12.03 g <b>Mac N Cheese #8 scoop</b> = 24.09 g <b>Savory Green Beans ½ c</b> = 4 g <b>Garden Salad 1 c</b> = 7.5 g	<b>4</b> <b>Spaghetti with Meat Sauce #6 Scoop</b> = 43.13 g <b>Seasoned Corn ½ c</b> = 11.22 g <b>Popeye Salad 1 c</b> = 8.24 g <b>Garlic Bread Stick 1</b> = 15 g <b>Marinara Sauce–2.5 oz</b> = 6 g
<b>7</b> <b>Sloppy Joe ½ c</b> = 10.6 g <b>on HB Bun</b> = 31 g <b>Baked French Fries ½ c</b> = 18 g <b>Garden Salad 1 c</b> = 7.5 g	<b>8</b> <b>Election Day – No School</b>	<b>9</b> <b>Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish 1 c</b> = 4 g <b>Salsa Cup – 3 oz. Cups</b> = 6 g <b>Pinto Beans ½ c</b> = 18 g <b>WG Spanish Rice ½ c</b> = 23 g	<b>10</b> <b>Red Beans w Sausage ½ c</b> = 20.4 g <b>Steamed Rice ½ c</b> = 22.21 g <b>Seasoned Greens ½ c</b> = 4 g <b>Roasted Sweet Potatoes ½ c</b> = 17 g <b>Golden Cornbread – 1 oz.</b> = 16 g	<b>11</b> <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn ½ c</b> = 11.22 g <b>Popeye Salad 1 c</b> = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g
<b>14</b> <b>Jambalaya #6 Scoop</b> = 34.16 g <b>White Beans ½ c</b> = 22.7 g <b>Mixed Green Salad 1 c</b> = 7.5 g <b>School-made Roll 1 oz.</b> 14.9 g <b>*Optional Pastalaya #6 Scoop</b> = 34.64 g	<b>15</b> <b>Hamburger</b> = 3.1 g <b>on HB Bun</b> = 31 g <b>Hamburger Garnish 1 c</b> = 4 g <b>Seasoned Wedges ½ c</b> = 19 g	<b>16</b> <b>Baked Turkey 2 oz.</b> = 2 g <b>Rice Dressing ½ c</b> = 24 g <b>Seasoned Broccoli ½ c</b> = 5.10 g <b>Sweet Potato Casserole ½ c</b> = 43 g <b>School-made Roll - 1 oz.</b> = 14.90g	<b>17</b> <b>Chili Mac #6 Scoop</b> = 35.22 g <b>Steamed Green Beans ½ c</b> = 4 g <b>Popeye Salad 1 c</b> = 8.24 g <b>School-made Roll, 1 oz.</b> = 14.9 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g	<b>18</b> <b>Hot Ham &amp; Cheese</b> = 3 g <b>on Hamburger Bun</b> = 31 g <b>French Fries ½ c</b> = 18 g <b>Sandwich Garnish 1 c</b> = 4 g <b>Chips 1 pack</b> = 19 g
<b>Thanksgiving Holiday</b> <b>November 21 – 25</b>				
<b>28</b> <b>Chicken Alfredo #6 Scoop</b> = 48.6 g <b>Seasoned Carrots ½ c</b> = 6 g <b>Caesar Salad 1 c</b> = 8 g <b>School-made Roll 1 oz.</b> = 14.9 g	<b>29</b> <b>Meatloaf w/ Gravy 2.5 oz</b> = 19.15 g <b>Creamed Potatoes ½ c</b> = 17 g <b>Seasoned Garlic Broccoli ½ c</b> = 5.10 g <b>School-Made Roll 2 oz.</b> = 29.8 g	<b>30</b> <b>Pig in Blankets</b> = 35 g <b>Baked Beans ½ c</b> = 25.19 g <b>Baked Potato Tots ½ c</b> = 16 g		
<b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each				

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

December 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Chicken Nuggets</b> 5 pieces = 12.03 g <b>Mac N Cheese</b> #8 scoop = 24.09 g <b>Savory Green Beans</b> ½ c = 4 g <b>Garden Salad</b> 1 c = 7.5 g	<b>2</b> <b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g <b>Seasoned Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Garlic Bread Stick</b> 1 = 15 g <b>Marinara Sauce</b> —2.5 oz = 6 g
<b>5</b> <b>Sloppy Joe</b> ½ c = 10.6 g <b>on HB Bun</b> = 31 g <b>Baked French Fries</b> ½ c = 18 g <b>Garden Salad</b> 1 c = 7.5 g	<b>6</b> <b>Gumbo</b> - 1 cup = 14 g <b>Steamed Rice</b> ½ c = 1 WGR <b>Seasoned Green Beans</b> ½ c = 4 g <b>Potato Salad</b> ½ c = 19 g <b>WG Saltine Crackers</b> 2 pks. = 10 g	<b>7</b> <b>Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish</b> 1 c = 4 g <b>Salsa Cup – 3 oz. Cups</b> = 6 g <b>Pinto Beans</b> ½ c = 18 g <b>WG Spanish Rice</b> ½ c = 23 g	<b>8</b> <b>White Beans w Sausage</b> ½ c = 23.5 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Greens</b> ½ c = 4 g <b>Steamed Mixed Veggies</b> ½ c = 9 g <b>Golden Cornbread</b> - 1 oz. = 16 g	<b>9</b> <b>Pizza Slice</b> 1 slice Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g
<b>12</b> <b>Jambalaya</b> #6 Scoop = 34.16 g <b>White Beans</b> ½ c = 22.7 g <b>Mixed Green Salad</b> 1 c = 7.5 g <b>School-made Roll</b> 1 oz. 14.9 g <b>*Optional Pastalaya</b> #6 Scoop = 34.64 g	<b>13</b> <b>Hamburger</b> = 3.1 g <b>on HB Bun</b> = 31 g <b>Hamburger Garnish</b> 1 c = 4 g <b>Seasoned Wedges</b> ½ c = 19 g	<b>14</b> <b>Baked Chicken 0</b> <b>Seasoned Rice</b> ½ c = 23 g <b>Seasoned Broccoli</b> ½ c = 5.10 g <b>Roasted Sweet Potatoes</b> ½ c = 17 g <b>School-made Roll</b> - 1 oz. = 14.9 g	<b>15</b> <b>Chili Mac</b> #6 Scoop = 35.22 g <b>Steamed Green Beans</b> ½ c = 4 g <b>Popeye Salad</b> 1 c = 8.24 g <b>School-made Roll</b> , 1 oz. = 14.9 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g	<b>16</b> <b>Hot Ham &amp; Cheese</b> = 3 g <b>on Hamburger Bun</b> = 31 g <b>French Fries</b> ½ c = 18 g <b>Sandwich Garnish</b> 1 c = 4 g <b>Chips</b> 1 pack = 19 g
<b>Winter/Christmas Break    December 19 – 30</b>				
<b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each				

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

January 2023

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Winter Break</b></p>	<p>3</p> <p><b>* Pastalaya #6 Scoop = 34.64 g</b>  <b>White Beans ½ c = 22.7 g</b>  <b>Mixed Green Salad 1 c = 7.5 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b>  <b>*Optional Jambalaya #6 Scoop = 34.16 g</b></p>	<p>4</p> <p><b>Chicken Patty</b>                      Grilled = 3 g                      Breaded = 14.31 g  <b>on HB Bun = 31 g</b>  <b>Hamburger Garnish 1 c = 4 g</b>  <b>Seasoned Wedges ½ c = 19 g</b></p>	<p>5</p> <p><b>Chili Mac #6 Scoop = 35.22 g</b>  <b>Steamed Green Beans ½ c = 4 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>School-made Roll, 1 oz. = 14.9 g</b>  <b>Marinara Sauce – 2.5 oz. = 6 g</b></p>	<p>6</p> <p><b>Hot Ham &amp; Cheese = 3 g</b>  <b>on Hamburger Bun = 31 g</b>  <b>French Fries ½ c = 18 g</b>  <b>Sandwich Garnish 1 c = 4 g</b>  <b>Chips 1 pack = 19 g</b></p>
<p>9</p> <p><b>Chicken Alfredo #6 Scoop = 48.6 g</b>  <b>Seasoned Carrots ½ c = 6 g</b>  <b>Caesar Salad 1 c = 8 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b></p>	<p>10</p> <p><b>Down Home Salisbury Steak w/ Gravy = 6.6 g</b>  <b>Creamed Potatoes ½ c = 17 g</b>  <b>Seasoned Garlic Broccoli ½ c = 5.10 g</b>  <b>School-Made Roll 2 oz. = 29.8 g</b></p>	<p>11</p> <p><b>Hot Dog = 35 g</b>  <b>w/ Chili ¼ c = 5.88 g</b>                      Optional: Shredded Cheese = 0  <b>Baked Beans ½ c = 25.19 g</b>  <b>Baked Potato Tots ½ c = 16 g</b></p>	<p>12</p> <p><b>Chicken Nuggets 5 pieces = 12.03 g</b>  <b>Mac N Cheese #8 scoop = 24.09 g</b>  <b>Savory Green Beans ½ c = 4 g</b>  <b>Garden Salad 1 c = 7.5 g</b></p>	<p>13</p> <p><b>Spaghetti with Meat Sauce #6 Scoop = 43.13 g</b>  <b>Seasoned Corn ½ c = 11.22 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>Garlic Bread Stick 1 = 15 g</b>  <b>Marinara Sauce–2.5 oz = 6 g</b></p>
<p>16</p> <p><b>Martin Luther King, Jr Holiday</b></p>	<p>17</p> <p><b>Sloppy Joe ½ c = 10.6 g</b>  <b>on HB Bun = 31 g</b>  <b>Baked French Fries ½ c = 18 g</b>  <b>Garden Salad 1 c = 7.5 g</b></p>	<p>18</p> <p><b>Gumbo- 1 cup = 14 g</b>  <b>Steamed Rice ½ c = 1 WGR</b>  <b>Seasoned Green Beans ½ c = 4 g</b>  <b>Potato Salad ½ c = 19 g</b>  <b>WG Saltine Crackers 2 pks. = 10 g</b></p>	<p>19</p> <p><b>Crispy Nacho Grand</b>                      Taco Meat 2.5 oz. = 3 g                      Chicken Fajita 3.2 oz. = 1 g                      Nacho Chips 1 pack = 20.36 g                      1 – Tortilla Wrap = 24 g  <b>Taco Garnish 1 c = 4 g</b>  <b>Salsa Cup – 3 oz. Cups = 6 g</b>  <b>Pinto Beans ½ c = 18 g</b>  <b>WG Spanish Rice ½ c = 23 g</b></p>	<p>20</p> <p><b>Red Beans w Sausage ½ c = 20.4 g</b>  <b>Steamed Rice ½ c = 22.21 g</b>  <b>Seasoned Greens ½ c = 4 g</b>  <b>Roasted Sweet Potatoes ½ c = 17 g</b>  <b>Golden Cornbread – 1 oz. = 16 g</b></p>
<p>23</p> <p><b>Jambalaya #6 Scoop = 34.16 g</b>  <b>White Beans ½ c = 22.7 g</b>  <b>Mixed Green Salad 1 c = 7.5 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b>  <b>*Optional Pastalaya #6 Scoop = 34.64 g</b></p>	<p>24</p> <p><b>Hamburger = 3.1 g</b>  <b>on HB Bun = 31 g</b>  <b>Hamburger Garnish 1 c = 4 g</b>  <b>Seasoned Wedges ½ c = 19 g</b></p>	<p>25</p> <p><b>Baked Chicken 0</b>  <b>Seasoned Rice ½ c = 23 g</b>  <b>Seasoned Broccoli ½ c = 5.10 g</b>  <b>Roasted Sweet Potatoes ½ c = 17 g</b>  <b>School-made Roll - 1 oz. = 14.9 g</b></p>	<p>26</p> <p><b>Chili Mac #6 Scoop = 35.22 g</b>  <b>Steamed Green Beans ½ c = 4 g</b>  <b>Popeye Salad 1 c = 8.24 g</b>  <b>School-made Roll, 1 oz. = 14.9 g</b>  <b>Marinara Sauce – 2.5 oz. = 6 g</b></p>	<p>27</p> <p><b>Hot Ham &amp; Cheese = 3 g</b>  <b>on Hamburger Bun = 31 g</b>  <b>French Fries ½ c = 18 g</b>  <b>Sandwich Garnish 1 c = 4 g</b>  <b>Chips 1 pack = 19 g</b></p>
<p>30</p> <p><b>Chicken Alfredo #6 Scoop = 48.6 g</b>  <b>Seasoned Carrots ½ c = 6 g</b>  <b>Caesar Salad 1 c = 8 g</b>  <b>School-made Roll 1 oz. = 14.9 g</b></p>	<p>31</p> <p><b>Meatloaf w/ Gravy 2.5 oz = 19.15 g</b>  <b>Creamed Potatoes ½ c = 17 g</b>  <b>Seasoned Garlic Broccoli ½ c = 5.10 g</b>  <b>School-Made Roll 2 oz. = 29.8 g</b></p>	<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g  <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g  <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b>  <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p>		

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

February 2023

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Pig in Blankets</b> = 35 g <b>Baked Beans</b> ½ c = 25.19 g <b>Baked Potato Tots</b> ½ c = 16 g	2 <b>Chicken Nuggets</b> 5 pieces = 12.03 g <b>Mac N Cheese</b> #8 scoop = 24.09 g <b>Savory Green Beans</b> ½ c = 4 g <b>Garden Salad</b> 1 c = 7.5 g	3 <b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g <b>Seasoned Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Garlic Bread Stick</b> 1 = 15 g <b>Marinara Sauce</b> –2.5 oz = 6 g
6 <b>Sloppy Joe</b> ½ c = 10.6 g <b>on HB Bun</b> = 31 g <b>Baked French Fries</b> ½ c = 18 g <b>Garden Salad</b> 1 c = 7.5 g	7 <b>Gumbo</b> - 1 cup = 14 g <b>Steamed Rice</b> ½ c = 1 WGR <b>Seasoned Green Beans</b> ½ c = 4 g <b>Potato Salad</b> ½ c = 19 g <b>WG Saltine Crackers</b> 2 pks. = 10 g	8 <b>Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish</b> 1 c = 4 g <b>Salsa Cup – 3 oz. Cups</b> = 6 g <b>Pinto Beans</b> ½ c = 18 g <b>WG Spanish Rice</b> ½ c = 23 g	9 <b>White Beans w Sausage</b> ½ c = 23.5 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Greens</b> ½ c = 4 g <b>Steamed Mixed Veggies</b> ½ c = 9 g <b>Golden Cornbread</b> - 1 oz. = 16 g	10 <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g
13 <b>* Pastalaya</b> #6 Scoop = 34.64 g <b>White Beans</b> ½ c = 22.7 g <b>Mixed Green Salad</b> 1 c = 7.5 g <b>School-made Roll</b> 1 oz. 14.9 g <b>*Optional Jambalaya</b> #6 Scoop = 34.16 g	14 <b>Chicken Patty</b> Grilled = 3 g Breaded = 14.31 g <b>on HB Bun</b> = 31 g <b>Hamburger Garnish</b> 1 c = 4 g <b>Seasoned Wedges</b> ½ c = 19 g	15 <b>Baked Chicken</b> 0 <b>Seasoned Rice</b> ½ c = 23 g <b>Seasoned Broccoli</b> ½ c = 5.10 g <b>Roasted Sweet Potatoes</b> ½ c = 17 g <b>School-made Roll</b> - 1 oz. = 14.9 g	16 <b>Chili Mac</b> #6 Scoop = 35.22 g <b>Steamed Green Beans</b> ½ c = 4 g <b>Popeye Salad</b> 1 c = 8.24 g <b>School-made Roll</b> , 1 oz. = 14.9 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g	17 <b>Hot Ham &amp; Cheese</b> = 3 g <b>on Hamburger Bun</b> = 31 g <b>French Fries</b> ½ c = 18 g <b>Sandwich Garnish</b> 1 c = 4 g <b>Chips</b> 1 pack = 19 g
20 <b>Lundi Gras</b> <b>Holiday</b>	21 <b>Mardi Gras</b> <b>Holiday</b>	22 <b>Cheezy Baked Potato</b> = ½ potato = 32.05 g <b>Cheese Sauce</b> ¼ c = 5 g <b>Savory Green Beans</b> ½ c = 4 g <b>School-Made Roll</b> 2 oz. = 29.8 g  <b>Optional: Chili</b> ¼ c = 5.88 g	23 <b>Chicken Nuggets</b> 5 pieces = 12.03 g <b>Mac N Cheese</b> #8 scoop = 24.09 g <b>Savory Green Beans</b> ½ c = 4 g <b>Garden Salad</b> 1 c = 7.5 g	24 <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g
27 <b>Sloppy Joe</b> ½ c = 10.6 g <b>on HB Bun</b> = 31 g <b>Baked French Fries</b> ½ c = 18 g <b>Garden Salad</b> 1 c = 7.5 g	28 <b>Stew</b> - ½ cup = 10.2 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Green Beans</b> ½ c = 4 g <b>Steamed Mixed Veggies</b> ½ c = 9 g <b>School-made Roll</b> 1 oz. = 14.9 g	<b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each		

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

March 2023

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g</p> <p><b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g</p> <p><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></p> <p><b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g</p>	<p><b>1 Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish</b> 1 c = 4 g <b>Salsa Cup – 3 oz. Cups</b> = 6 g <b>Pinto Beans</b> ½ c = 18 g <b>WG Spanish Rice</b> ½ c = 23 g</p>	<p><b>2</b> <b>Red Beans w Sausage</b> ½ c = 20.4 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Greens</b> ½ c = 4 g <b>Roasted Sweet Potatoes</b> ½ c = 17 g <b>Golden Cornbread – 1 oz.</b> = 16 g</p>	<p><b>3</b> <b>Grilled Cheese</b> = 32 g <b>Baked Beans</b> ½ c = 25.19 g <b>Baked Potato Tots</b> ½ c = 16 g</p>	
<p><b>6</b> <b>Jambalaya</b> #6 Scoop = 34.16 g <b>White Beans</b> ½ c = 22.7 g <b>Mixed Green Salad</b> 1 c = 7.5 g <b>School-made Roll</b> 1 oz. 14.9 g <b>*Optional Pastalaya</b> #6 Scoop = 34.64 g</p>	<p><b>7</b> <b>Hamburger</b> = 3.1 g <b>on HB Bun</b> = 31 g <b>Hamburger Garnish</b> 1 c = 4 g <b>Seasoned Wedges</b> ½ c = 19 g</p>	<p><b>8</b> <b>Baked Chicken</b> 0 <b>Seasoned Rice</b> ½ c = 23 g <b>Seasoned Broccoli</b> ½ c = 5.10 g <b>Roasted Sweet Potatoes</b> ½ c = 17 g <b>School-made Roll</b> - 1 oz. = 14.9 g</p>	<p><b>9</b> <b>Chili Mac</b> #6 Scoop = 35.22 g <b>Steamed Green Beans</b> ½ c = 4 g <b>Popeye Salad</b> 1 c = 8.24 g <b>School-made Roll</b>, 1 oz. = 14.9 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>	<p><b>10</b> <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>
<p><b>13</b> <b>Chicken Alfredo</b> #6 Scoop = 48.6 g <b>Seasoned Carrots</b> ½ c = 6 g <b>Caesar Salad</b> 1 c = 8 g <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p><b>14</b> <b>Meatloaf w/ Gravy</b> 2.5 oz = 19.15 g <b>Creamed Potatoes</b> ½ c = 17 g <b>Seasoned Garlic Broccoli</b> ½ c = 5.10 g <b>School-Made Roll</b> 2 oz. = 29.8 g</p>	<p><b>15</b> <b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g <b>Seasoned Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Garlic Bread Stick</b> 1 = 15 g <b>Marinara Sauce–2.5 oz</b> = 6 g</p>	<p><b>16</b> <b>Chicken Nuggets</b> 5 pieces = 12.03 g <b>Mac N Cheese</b> #8 scoop = 24.09 g <b>Savory Green Beans</b> ½ c = 4 g <b>Garden Salad</b> 1 c = 7.5 g</p>	<p><b>17</b> <b>Cheezy Baked Potato</b> = ½ potato = 32.05 g <b>Cheese Sauce</b> ¼ c = 5 g <b>Savory Green Beans</b> ½ c = 4 g <b>School-Made Roll</b> 2 oz. = 29.8 g <b>Optional: Chili</b> ¼ c = 5.88 g</p>
<p><b>20</b> <b>Sloppy Joe</b> ½ c = 10.6 g <b>on HB Bun</b> = 31 g <b>Baked French Fries</b> ½ c = 18 g <b>Garden Salad</b> 1 c = 7.5 g</p>	<p><b>21</b> <b>Stew-</b> ½ cup = 10.2 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Green Beans</b> ½ c = 4 g <b>Steamed Mixed Veggies</b> ½ c = 9 g <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p><b>22 Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish</b> 1 c = 4 g <b>Salsa Cup – 3 oz. Cups</b> = 6 g <b>Pinto Beans</b> ½ c = 18 g <b>WG Spanish Rice</b> ½ c = 23 g</p>	<p><b>23</b> <b>White Beans w Sausage</b> ½ c = 23.5 g <b>Steamed Rice</b> ½ c = 22.21 g <b>Seasoned Greens</b> ½ c = 4 g <b>Steamed Mixed Veggies</b> ½ c = 9 g <b>Golden Cornbread - 1 oz.</b> = 16 g</p>	<p><b>24</b> <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn</b> ½ c = 11.22 g <b>Popeye Salad</b> 1 c = 8.24 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>
<p><b>27</b> <b>* Pastalaya</b> #6 Scoop = 34.64 g <b>White Beans</b> ½ c = 22.7 g <b>Mixed Green Salad</b> 1 c = 7.5 g <b>School-made Roll</b> 1 oz. 14.9 g <b>*Optional Jambalaya</b> #6 Scoop = 34.16 g</p>	<p><b>28</b> <b>Chicken Patty</b> Grilled = 3 g Breaded = 14.31 g <b>on HB Bun</b> = 31 g <b>Hamburger Garnish</b> 1 c = 4 g <b>Seasoned Wedges</b> ½ c = 19 g</p>	<p><b>29</b> <b>Baked Chicken</b> 0 <b>Seasoned Rice</b> ½ c = 23 g <b>Seasoned Broccoli</b> ½ c = 5.10 g <b>Roasted Sweet Potatoes</b> ½ c = 17 g <b>School-made Roll</b> - 1 oz. = 14.9 g</p>	<p><b>30</b> <b>Chili Mac</b> #6 Scoop = 35.22 g <b>Steamed Green Beans</b> ½ c = 4 g <b>Popeye Salad</b> 1 c = 8.24 g <b>School-made Roll</b>, 1 oz. = 14.9 g <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>	<p><b>31</b> <b>Grilled Cheese</b> = 32 g <b>Baked Beans</b> ½ c = 25.19 g <b>Baked Potato Tots</b> ½ c = 16 g</p>



# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

April 2023

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Alfredo #6 Scoop = 48.6 g</b> <b>Seasoned Carrots ½ c = 6 g</b> <b>Caesar Salad 1 c = 8 g</b> <b>School-made Roll 1 oz. = 14.9 g</b>	<b>4</b> <b>Down Home Salisbury Steak w/ Gravy = 6.6 g</b> <b>Creamed Potatoes ½ c = 17 g</b> <b>Seasoned Garlic Broccoli ½ c = 5.10 g</b> <b>School-Made Roll 2 oz. = 29.8 g</b>	<b>5</b> <b>Hot Dog = 35 g</b> <b>w/ Chili ¼ c = 5.88 g</b> Optional: Shredded Cheese = 0 <b>Baked Beans ½ c = 25.19 g</b> <b>Baked Potato Tots ½ c = 16 g</b>	<b>6</b> <b>Chicken Nuggets 5 pieces = 12.03 g</b> <b>Mac N Cheese #8 scoop = 24.09 g</b> <b>Savory Green Beans ½ c = 4 g</b> <b>Garden Salad 1 c = 7.5 g</b>	<b>7</b> <b>Good Friday Holiday</b>
<b>Spring Break April 7 – 14</b>				
<b>17</b> <b>Sloppy Joe ½ c = 10.6 g</b> <b>on HB Bun = 31 g</b> <b>Baked French Fries ½ c = 18 g</b> <b>Garden Salad 1 c = 7.5 g</b>	<b>18</b> <b>Stew- ½ cup = 10.2 g</b> <b>Steamed Rice ½ c = 22.21 g</b> <b>Seasoned Green Beans ½ c = 4 g</b> <b>Steamed Mixed Veggies ½ c = 9 g</b> <b>School-made Roll 1 oz. = 14.9 g</b>	<b>19 Crispy Nacho Grand</b> Taco Meat 2.5 oz. = 3 g Chicken Fajita 3.2 oz. = 1 g Nacho Chips 1 pack = 20.36 g 1 – Tortilla Wrap = 24 g <b>Taco Garnish 1 c = 4 g</b> <b>Salsa Cup – 3 oz. Cups = 6 g</b> <b>Pinto Beans ½ c = 18 g</b> <b>WG Spanish Rice ½ c = 23 g</b>	<b>20</b> <b>Red Beans w Sausage ½ c = 20.4 g</b> <b>Steamed Rice ½ c = 22.21 g</b> <b>Seasoned Greens ½ c = 4 g</b> <b>Roasted Sweet Potatoes ½ c = 17 g</b> <b>Golden Cornbread – 1 oz. = 16 g</b>	<b>21</b> <b>Pizza Slice 1 slice</b> Pepperoni – 45 g Cheese – 46 g <b>Steamed Corn ½ c = 11.22 g</b> <b>Popeye Salad 1 c = 8.24 g</b> <b>Marinara Sauce – 2.5 oz. = 6 g</b>
<b>24</b> <b>Jambalaya #6 Scoop = 34.16 g</b> <b>White Beans ½ c = 22.7 g</b> <b>Mixed Green Salad 1 c = 7.5 g</b> <b>School-made Roll 1 oz. 14.9 g</b> <b>*Optional Pastalaya #6 Scoop = 34.64 g</b>	<b>25</b> <b>Hamburger = 3.1 g</b> <b>on HB Bun = 31 g</b> <b>Hamburger Garnish 1 c = 4 g</b> <b>Seasoned Wedges ½ c = 19 g</b>	<b>26</b> <b>Baked Chicken 0</b> <b>Seasoned Rice ½ c = 23 g</b> <b>Seasoned Broccoli ½ c = 5.10 g</b> <b>Roasted Sweet Potatoes ½ c = 17 g</b> <b>School-made Roll - 1 oz. = 14.9 g</b>	<b>27</b> <b>Chili Mac #6 Scoop = 35.22 g</b> <b>Steamed Green Beans ½ c = 4 g</b> <b>Popeye Salad 1 c = 8.24 g</b> <b>School-made Roll, 1 oz. = 14.9 g</b> <b>Marinara Sauce – 2.5 oz. = 6 g</b>	<b>28</b> <b>Hot Ham &amp; Cheese = 3 g</b> <b>on Hamburger Bun = 31 g</b> <b>French Fries ½ c = 18 g</b> <b>Sandwich Garnish 1 c = 4 g</b> <b>Chips 1 pack = 19 g</b>
<b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g – 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each				

# SY 2022 – 2023 Monthly Lunch Menus with Carb Counts

May 2023

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1  <b>Chicken Alfredo</b> #6 Scoop = 48.6 g  <b>Seasoned Carrots</b> ½ c = 6 g  <b>Caesar Salad</b> 1 c = 8 g  <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>2  <b>Meatloaf w/ Gravy</b> 2.5 oz = 19.15 g  <b>Creamed Potatoes</b> ½ c = 17 g  <b>Seasoned Garlic Broccoli</b> ½ c = 5.10 g  <b>School-Made Roll</b> 2 oz. = 29.8 g</p>	<p>3  <b>Pig in Blankets</b> = 35 g  <b>Baked Beans</b> ½ c = 25.19 g  <b>Baked Potato Tots</b> ½ c = 16 g</p>	<p>4  <b>Chicken Nuggets</b> 5 pieces = 12.03 g  <b>Mac N Cheese</b> #8 scoop = 24.09 g  <b>Savory Green Beans</b> ½ c = 4 g  <b>Garden Salad</b> 1 c = 7.5 g</p>	<p>5  <b>Spaghetti with Meat Sauce</b> #6 Scoop = 43.13 g  <b>Seasoned Corn</b> ½ c = 11.22 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>Garlic Bread Stick</b> 1 = 15 g  <b>Marinara Sauce</b>—2.5 oz = 6 g</p>
<p>8  <b>Sloppy Joe</b> ½ c = 10.6 g  <b>on HB Bun</b> = 31 g  <b>Baked French Fries</b> ½ c = 18 g  <b>Garden Salad</b> 1 c = 7.5 g</p>	<p>9  <b>Stew-</b> ½ cup = 10.2 g  <b>Steamed Rice</b> ½ c = 22.21 g  <b>Seasoned Green Beans</b> ½ c = 4 g  <b>Steamed Mixed Veggies</b> ½ c = 9 g  <b>School-made Roll</b> 1 oz. = 14.9 g</p>	<p>10 <b>Crispy Nacho Grand</b>  Taco Meat 2.5 oz. = 3 g  Chicken Fajita 3.2 oz. = 1 g  Nacho Chips 1 pack = 20.36 g  1 – Tortilla Wrap = 24 g  <b>Taco Garnish</b> 1 c = 4 g  <b>Salsa Cup – 3 oz. Cups</b> = 6 g  <b>Pinto Beans</b> ½ c = 18 g  <b>WG Spanish Rice</b> ½ c = 23 g</p>	<p>11  <b>White Beans w Sausage</b> ½ c = 23.5 g  <b>Steamed Rice</b> ½ c = 22.21 g  <b>Seasoned Greens</b> ½ c = 4 g  <b>Steamed Mixed Veggies</b> ½ c = 9 g  <b>Golden Cornbread - 1 oz.</b> = 16 g</p>	<p>12  <b>Pizza Slice 1 slice</b>  Pepperoni – 45 g  Cheese – 46 g  <b>Steamed Corn</b> ½ c = 11.22 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>
<p>15  <b>*Pastalaya</b> #6 Scoop = 34.64 g  <b>White Beans</b> ½ c = 22.7 g  <b>Mixed Green Salad</b> 1 c = 7.5 g  <b>School-made Roll</b> 1 oz. 14.9 g  <b>*Optional Jambalaya</b> #6 Scoop = 34.16 g <b>Pastalaya</b> 2M/1GR  <b>White Beans</b> ½ c VL  <b>Mixed Green Salad</b> 1 c (salad mix) ½ c VO  <b>Fresh Apple or Peaches</b> ½ c  <b>School-made Roll</b> 1 oz. WGR  <b>Milk Choice</b>   <b>*Optional Jambalaya</b></p>	<p>16  <b>Chicken Patty</b>  Grilled = 3 g  Breaded = 14.31 g  <b>on HB Bun</b> = 31 g  <b>Hamburger Garnish</b> 1 c = 4 g  <b>Seasoned Wedges</b> ½ c = 19 g</p>	<p>17  <b>Hot Ham &amp; Cheese</b> = 3 g  <b>on Hamburger Bun</b> = 31 g  <b>French Fries</b> ½ c = 18 g  <b>Sandwich Garnish</b> 1 c = 4 g  <b>Chips</b> 1 pack = 19 g</p>	<p>18  <b>Chili Mac</b> #6 Scoop = 35.22 g  <b>Steamed Green Beans</b> ½ c = 4 g  <b>Popeye Salad</b> 1 c = 8.24 g  <b>School-made Roll</b>, 1 oz. = 14.9 g  <b>Marinara Sauce – 2.5 oz.</b> = 6 g</p>	<p>19  Manager Choice</p>
<p>22  Manager Choice</p>	<p><b>Condiments</b> - Ketchup pk. 4 g, Mayo pk. 4.3 g – 2 packs, Mustard pk. 2.34 g– 2 packs, Barbeque Sauce 11 g, Honey Chile Sauce 23 g, Ranch Ind. 6 g  <b>Milk - 8 oz. serving</b> - Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g  <b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b>  <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p>			