

**Carbs in RED-use only as estimate. Use "Carb Book" for complete breakdown and portion size**

**Elementary Lunch Menu, Lapeer Community Schools  
Five Week Cycle 2011**

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cheeseburger on 11 WG Wheat Bun 27 Crispy Baked Crinkle Cut French Fries 17 Cooked Carrots 6 Chilled Mixed Fruit 9 Choice of Milk W1	6 WG Baked Chicken Nuggets 14 WG Wheat Dinner Roll 15 Seasoned Corn 17 Chilled Mandarin Oranges 20 Choice of Milk	7 Pasta & Italian Meat Sauce 43 Spinach & Romaine Mix Greens 3 Chilled Peaches 9 Choice of Milk	8 Mini Pancakes 40 w/Scrambled Eggs 1 Crispy Tater Tots 19 Fresh Grapes 8 Choice of Milk	9 Cheese Pizza on whole Wheat Crust 37 Seasoned Green Beans 2 Chilled Applesauce 7 Choice of Milk
12 WG Baked Chicken Patty 15 Sandwich 27 Fresh Carrots 7 & Celery 4 Chilled Applesauce 7 W2 Choice of Milk	13 Beefy Soft Shell 16 Taco 4 Trimmings on the side 8 Brown Rice 36 Spinach & Romaine Mix Greens 3 Chilled Mandarin Oranges 20 Choice of Milk	14 Homemade WG Macaroni 43 & Cheese 0 Seasoned Broccoli 3 Chilled Peaches 9 Choice of Milk	15 Breaded Popcorn Chicken 14 w/Brown Rice 36 Cooked Carrots 6 Fresh Grapes 8 Choice of Milk	16 Individual Pan Cheese Pizza 37 Yellow Corn 8 Chilled Orange Wedges 21 Choice of Milk
19 WG Baked Chicken Nuggets 14 Warm WG Breadstick 27 Yellow Corn 8 Chilled Orange Wedges 21 Choice of Milk W3	20 WG Wheat Grilled Cheese Sandwich 49 Cup of Tomato Soup 20 & Crackers 4 Cooked Carrots 6 Chilled Applesauce 7 Choice of Milk	21 Grilled Chicken Sandwich 2 On Whole Wheat Bun 27 Lettuce & Tomato 9 Baked Crinkle Cut Fries 22 Chilled Mandarin Oranges 20	22 Brunch for Lunch French Toast Stix's 41 w/Scrambled Eggs 1 Tater Tots 19 Chilled Peaches 9 Choice of Milk	23 Cheese Pizza on whole Wheat Crust 37 Spinach & Romaine Mix Greens 3 Fresh Apples 19 Choice of Milk
26 WG Breaded Baked Chicken Patty Sandwich 15 on a WG Wheat Bun 27 Cooked Carrots 6 Fresh Grapes 8 Choice of Milk W4	27 Nachos w/Whole Grain Tortilla Shells, 16 Spicy Meat, 4 Cheese, Lettuce & Tomato 9 Brown Rice 36 Fresh Mixed Greens 3 Chilled Peaches 9 Choice of Milk	28 All Beef Hot Dog 5 or 1 on a Bun 20 Baked Crispy Tater Tots 19 Baked Beans 26 Chilled Pears 20 Choice of Milk	29 Baked Rotini 43 Casserole 10 Seasoned Green Beans 2 Chilled Mandarin Oranges 20 Choice of Milk	30 Individual Pan Cheese Pizza 37 Spinach & Romaine Mix Greens 3 Fresh Banana 18 Choice of Milk
3 Brunch for Lunch Mini Pancakes 40 w/Scrambled Eggs 1 Baked Hash Brown Patty 16 Chilled Orange Wedges 21 Choice of Milk W5	4 Chicken Fajita 16 w/Salsa 2 Brown Rice 36 Seasoned Broccoli 3 Chilled Mandarin Oranges 20 Choice of Milk	5 WG Mini Corn Dog 30 Yellow Corn 8 Chilled Applesauce 7 Choice of Milk	6 Baked Popcorn Chicken 14 Brown Rice 36 Cooked Carrots 6 Fresh Grapes 8 Choice of Milk	7 Quesadilla 34 w/Salsa 2 Spinach & Romaine Mix Greens 3 Chilled Peaches 9 Choice of Milk
<p>Available most days on the <b>Salad Bar: Fresh Vegetables</b>-Broccoli, Carrots, Cauliflower, Celery, Cucumber, and Mixed Greens</p> <p><b>Fresh Fruit:</b> Apples, Bananas, Oranges, and Grapes</p> <p><i>Mondays:</i> PB &amp; Jelly 55 Uncrustable Fresh Baby Carrots 7 Fresh Apple 19 and Milk</p> <p><i>Tuesdays:</i> Hot Diggety Dog 5 or 1 Fresh Vegetables and Fruit Bag of Fun Size Pretzels 12 and Milk Hot Dog Bun 20</p> <p><i>Wednesdays:</i> Italian Dunkers 34 w/dipping sauce 10 Fresh Vegetables and Fruit, and Milk</p> <p><i>Thursdays:</i> WG Breaded Baked Chicken Patty 15 Sandwich on Wheat Bun 27 Fresh Vegetable and Fruit, Fun size Rice Krispie Treat 34-4 each</p> <p><i>Fridays:</i> Sliced Smoked Turkey Sub 3 w/cheese 0 On WG Wheat Sub Bun 28 Fresh Vegetable &amp; Fruit Bag of Fun Size Pretzels 12 and Milk</p>				

Monday 2<sup>nd</sup> choice @Lynch, Mayfield & Murphy

Miscellaneous vegetables & fruits 2<sup>nd</sup> Choice

Milk

Fruit Yogurt 22  
String Cheese 1  
Club Crackers 5

Carrots 7  
Apple 19  
Celery 4  
Ranch Dressing - 2 tbsp 2  
Italian Dressing - Reduced Cal. - 2 tbsp 6

Fat Free White 11  
Low Fat White 1% 11  
Fat Free Chocolate 24

