

Elementary Calorie and Carbohydrate Menu Cycle

Week 1	Revised 1/5/2012	2011/2012	Serving Size	Calories	Carb Counts	
				per serving	Grams per serving	
Monday OR	Chicken nuggets	commodity/GFS	5 nuggets	180	14	
	Yogurt Trix	all flavors	4 ounces	100	20	
	Graham Crackers	GFS	1-3 pack	89	16	
	Cheese Stick	Mozzarella stick-commodity	1 ounce	60	1	
	Green Beans		1/2 cup	14	3	
	Peaches	light syrup	1/2 cup	68	18	
	Pudding	all flavors	1/2 cup	120	23	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Tuesday OR	Hot Dog	turkey	1 Hot dog	130	0	
	White Whole Grain Bun	1 Hot Dog Bun	1 Bun	110	21	
	100% Whole Wheat Bun	1 Hot Dog Bun	1 Bun	100	18	
	Peanut Butter		2 ounces	400	16	
	Bagel	whole wheat-2.7 ounces	1 Bagel	188	40	
	Baked Beans	(vegetarian)	1/2 cup	119	26.85	
	SideKick Frozen Fruit	Rasb/Lemon or Kiwi/Straw	1 serving	80	20	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Wednesday OR	Cook's special		varies	varies	varies	
	Cheese Pizza	Tony's 4 X 6	1 piece	300	37	
	Salad Lettuce Mix		1/2 cup	5	1	
	Salad Dressing	low-fat/Italian	2 ounces	40	4	
	Fresh Apple	138 count	1 apple	80	22	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Thursday	French Toast Sticks	whole grain	3 sticks	290	42	
	Cheese Omelet	commodity	1 omelet	130	2	
	Sausage	commodity/GFS turkey sausage	2 patties	122	0	
	Syrup		1.5 ounce	120	31	
	Hash brown/TriPotato		1 patty	280	33	
	Fruit Juice	Apple	1/2 cup	60	14	
	Fruit Juice	Orange	1/2 cup	50	13	
	Fruit Juice	Grape	1/2 cup	80	18	
	Fruit Juice	100% Fruit Punch	1/2 cup	60	14	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	

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			Serving Size	Calories	Carb Count	
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Friday	Hamburger		1 patty 2.7 oz.	210	2	
	White Whole Grain Bun	4 inch round	1 Bun	140	28	
	100% Whole Wheat Bun	4 inch round	1 Bun	140	27	
	American Cheese	1 slice	1/2 ounce	35	1	
	OR	PB & J Sandwich	2 slices wh grain wheat	2 oz. PB/1 oz. jelly	620	68
		PB & J Wafer Bar	commodity	1 Bar	310	26
		Oven Fries	commodity/GFS	1/2 cup	110	17
	OR	Pickle Spear	Dill	1 spear	4	1
		Pears	light syrup	1/2 cup	72	19
		Cookie	Mookie Cookie	1 ounce/1 bag	130	21
		Cookie	Jungle Crackers	1 ounce/1 bag	120	22
		Milk	White 1 %	8 ounces	100	13
		Milk	Strawberry Fat Free	8 ounces	140	28
		Milk	Chocolate Fat Free	8 ounces	130	24
Week 2						
Monday						
	Asian Day	popcorn chicken-commodity/GFS	12 pieces	230	14	
	General Tso's Sauce	GFS	2 Tablespoons	70	16	
OR	Sweet and Sour Sauce	GFS	2 Tablespoons	60	14	
	Rice	white rice/1.5 tsp. seasoning mix	1/2cup	112	22.6	
	Pasta	rotini/1.5 tsp. seasoning mix	1/2 cup	121	22.7	
	Cook's Special		varies	varies	varies	
	Oriental vegetables	frozen	1/2 cup	16.6	3.3	
	Peaches	light syrup	1/2 cup	70	18	
	Fortune cookie		1	18.33	4.16	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Tuesday						
OR	Soft Taco		2 beef- cheese tacos	318	32.7	
	Soft Cheese Taco		2 cheese tacos	320	34	
	Mexican Rice	white rice/1 1/2 tsp. seasoning	1/2 cup	107	22.6	
	Black Beans		1/2 cup	110	20	
	Refried Beans		1/2 cup	118	19.57	
	Pineapple tidbits	in juice, GFS	1/2 cup	46	11	
	Milk	White 1 %	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Wednesday						
	Grilled Cheese	2 slices bread/2 oz. cheese	1 sandwich	308	30	
	Klosterman's whole	grain white				
OR	PB & Jelly Sandwich	bread as above	2 oz. PB/1 oz. jelly	620	68	
	Tomato Soup	made with water	1/2 cup	45	9.5	
	Gold Fish Crackers		1 pk	100	14	
	Mixed Fruit cocktail	light syrup, GFS	1/2 cup	70	18	
	Milk	White 1 %	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	

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Thursday	Grilled Chicken Patty	1 patty	2.8 ounce	130	2	
	White Whole Grain Bun	4 in round	1 Bun	140	28	
	100% Whole Wheat Bun	4 in round	1 Bun	140	27	
	OR	Baked Potato	100 ct	1	161	37
		Shredded Cheddar Cheese	low-fat	2 ounces	160	1.14
		Margarine		2 patties	73	0
		Dinner Roll	whole grain	1 roll	80	16
		Fresh Veggies	carrots/celery	1/2 cup	16	3.75
		Dip	low-fat ranch	2 ounces	152	10
		Fresh Apple	138 ct	1 sm. Apple	80	22
	Fruited Jell-O	1/4 c Jell-O + 1/4 c fruit	1/2 c serving	68	16.3	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Friday	Max/ stuff Crust cheese	4 x 6 inch	1 piece	280	37	
	OR	Max/Pepperoni/cheese	turkey pepperoni 4 x 6 inch	1 piece	280	37
	OR	PB & Jelly Sandwich	whole grain white bread	2 oz. PB/1 oz. Jelly	620	68
	Green Beans		1/2 cup	14	3	
	Fresh Orange	113 count	1/2 orange	40	10.5	
	Milk	White 1%	8 ounces	100	13	
	Milk	Strawberry Fat Free	8 ounces	140	28	
	Milk	Chocolate Fat Free	8 ounces	130	24	
Week 3	Chicken Patty	commodity/GFS	1 patty	230	15	
	Monday	White Whole Grain Bun	4 in round bun	1 Bun	140	28
		100% Whole Wheat Bun	4 in round bun	1 Bun	140	27
		OR	Fish Sticks	4 pieces	267	21
	OR	Baked Cheetos	1 bag	.875 ounce	120	17
		Quaker Kid's Mix	1 bag	.88 ounce	110	18
		Fresh Carrot/Celery		1/2 cup	16	3.75
		Dip	low-fat ranch	2 ounces	152	10
		Applesauce	unsweetened	1/2 cup	50	13
		Milk	White 1%	8 ounces	100	13
		Milk	Strawberry Fat Free	8 ounces	140	28
	Milk	Chocolate Fat Free	8 ounces	130	24	
	Tuesday	OR	Mini Hamburger	commodity/GFS	2 per serving	128
OR		Mini Burger w/Cheese	commodity/GFS-1 sl cheese	2 per serving	198	2
OR		Mini Whole Grain Buns	white	2 per serving	180	32
		Mini Cheese Sandwich	1 oz. cheese/sandwich	2 per serving	70	2
		Mini Whole Grain Buns	white	2 per serving	180	32
		Sweet Potato Puffs		9 to 10 puffs	130	23
		Fresh Pear	95 to 110 count	1 fresh pear	100	25
		Pickle Spear	Dill	1 spear	4	1
		Ketchup/Mustard	as needed			

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				per serving	Grams per serving
Tuesday	Milk	White 1%	8 ounces	100	13
	Milk	Strawberry Fat Free	8 ounces	140	28
	Milk	Chocolate Fat Free	8 ounces	130	24
Wednesday	Cheese Filled Sticks		2 per serving	320	31
	Dipping Sauce		2 ounces	30	6
	Chef Salad Meal	Meat/Cheese	to equal 2 1/2 oz.	varies	varies
	Crackers	salad only	4 pk	25	5
	Mixed Green Salad		1/2 cup	5	1
	Salad Dressing	low-fat Italian	2 ounces	40	4
	Fresh Grapes		1/2 cup	31	8
	Birthday Cupcake	vanilla or chocolate	1	120	26
	Birthday Crispy Treat	1 treat	0.8 oz.	90	17
	Milk	White 1%	8 ounces	100	13
	Milk	Strawberry Fat Free	8 ounces	140	28
	Milk	Chocolate Fat Free	8 ounces	130	24
Thursday	Crisp Chicken Bowl	popcorn chicken-commodity/GFS	12 pieces	230	14
		mashed potatoes/instant	1/2 cup	64	13
		corn	1/4 cup	33	7.9
		cheese	1/2 ounce	40	0.28
		gravy	1 ounce	12.5	2
OR	Yogurt Parfait	vanilla yogurt	6 ounces	142.5	27.7
		frozen blueberries	1/4 cup	20	4.72
		frozen strawberries/unsweetened	1/4 cup	19.5	5
	Granola	oat and honey granola	2 ounces	240	38
	Corn	w/parfait meal	1/2 cup	66	15.8
	Mixed Fruit	light syrup	1/2 cup	70	18
	Milk	White 1%	8 ounces	100	13
	Milk	Strawberry Fat Free	8 ounces	140	28
Milk	Chocolate Fat Free	8 ounces	130	24	
Friday OR	Cheese Flatbread Pizza	3 x 8 inch	1 piece	370	50
	Peanut Butter Sandwich	peanut butter/commodity	2 ounces	400	16
	100% Whole Wheat Bread	100% whole wheat	2 slices	140	28
	White Whole Grain Bread	white whole grain	2 slices	120	26
	Salad w/ dark greens		1/2 cup	5	1
	Salad Dressing	low-fat Italian	2 ounces	40	4
	Apple Fruit Crisp	commodity recipe/50 serv/pan	1/2 cup	192	30
	Milk	White 1%	8 ounces	100	13
	Milk	Strawberry Fat Free	8 ounces	140	28
	Milk	Chocolate Fat Free	8 ounces	130	24

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			Serving Size	Calories	Carb Count		
				per serving	Grams per serving		
Week 4	Monday	Meatball Sub	3 meatballs	210	7		
		White Whole Grain Bun	1 Hot Dog Bun	1 Bun	110	21	
		100% Whole Wheat Bun	1 Hot Dog Bun	1 Bun	100	18	
		Mozzarella Cheese	light, shredded	1 ounce	59	1	
	OR	Spaghetti Sauce	commodity	2 ounces	30	5.4	
		Egg & Cheese Bagel	egg patties/commodity	2 patties	140	2	
			American cheese	1/2 ounce-1 slice	35	1	
		Bagel	whole wheat-2.7 oz.	1 Bagel	188	40	
		Vegetable Medley	frozen	1/2 cup	15	2.5	
		Pears	light syrup	1/2 cup	72	19	
		Crispy Treat	1 treat	0.8 oz.	90	17	
		Milk	White 1%	8 ounces	100	13	
		Milk	Strawberry Fat Free	8 ounces	140	28	
		Milk	Chocolate Fat Free	8 ounces	130	24	
		Tuesday	Chicken Wraps	commodity/GFS chicken strips	2 strips per 1 wrap	88	6
			Wrap	ultra grain wrap	1 wrap	90	15
				shredded cheese	1 ounce/wrap	80	0.57
				shredded lettuce	1/4 cup	2.5	0.5
			OR	Yogurt Dainial	all flavors	4 ounces	110
Yogurt Trix	all flavors			4 ounces	100	20	
Cheese Stick	Cheddar cheese stick			1 ounce	90	0	
Cheese stick	Mozzarella cheese stick			1 ounce	60	1	
Graham Crackers	GFS			1-3 pack	89	16	
Mixed Green Salad				1/2 cup	5	1	
Salad Dressing	low-fat Italian dressing			2 ounce	40	4	
Fresh Apple	138 count			1 fresh apple	88	22	
Milk	White 1%		8 ounces	100	13		
	Strawberry Fat Free		8 ounces	140	28		
	Chocolate Fat Free	8 ounces	130	24			
Wednesday	Macaroni & Cheese	commodity recipe	2/3 cup	355.5	22.66		
	Macaroni & Cheese	prepared commodity	6 oz.	274	29		
	Dinner Roll	whole grain	1	80	16		
	OR	Munchie Snack Pack	Meat or cheese	2 1/2 ounces	varies	varies	
		Crackers w/snack pack	Saltine Crackers	1-4 pack	25	5	
	OR	Dinner Roll	whole grain	1	80	16	
		Green Beans		1/2 cup	14	3	
		Fruit Cocktail	light syrup	1/2 cup	70	18	
		Milk	White 1%	8 ounces	100	13	
		Milk	Strawberry Fat Free	8 ounces	140	28	
Milk		Chocolate Fat Free	8 ounces	130	24		

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				Serving Size	Calories	Carb Counts
			per serving	Grams per serving		
Thursday OR	Mini Corn Dogs		6 pieces	255	31.5	
	PB & Jelly Sandwich	whole grain white bread	2 oz. PB/1 oz jelly	620	68	
	Whipped Potatoes	mashed potatoes/instant	1/2 cup	64	13	
	Strawberries	sweetened	1/2 cup	122	18	
	OR	Angel Food Cake	3 inch X 4.25 inch	1 piece	88	19
		White Cake	80 servings per pan	1 piece	216	42
		Milk	White 1%	8 ounces	100	13
		Milk	Strawberry Fat Free	8 ounces	140	28
	Milk	Chocolate Fat Free	8 ounces	130	24	
	Friday OR					
Pizza Bites			Serve 4	270	27	
Baked Potato		100 count	1 Potato	161	37	
Shredded Cheddar Cheese		low-fat	2 ounces	160	1.14	
Broccoli		frozen	1/2 cup	20	2.5	
Cheese Sauce		option for broccoli	1 ounce	35	2	
Margarine			2 patties	73	0	
Fresh Orange Wedges		113 count	1/2 orange	40	10.5	
Mini Soft Pretzel		whole grain	1 piece	70	14	
Milk		White 1%	8 ounces	100	13	
Milk	Strawberry Fat Free	8 ounces	140	28		
Milk	Chocolate Fat Free	8 ounces	130	24		