

MAY 2008
MONDAY

TUESDAY

APS ELEMENTARY CARBOHYDRATE MENU
WEDNESDAY

THURSDAY








FRIDAY

CHO Count Menu:
Syrup(1oz packet): **30g**
Yogurt (4oz): **20g**
Cereal: **20g**
Cheese & crackers: **15g**

White milk: **13g** Chocolate milk: **25g**
Toast: **11g**
Chef Salad: **20g**
Peanut Butter Crackers: **15g**

Strawberry milk: **30g** Root Beer Milk: **27g** Juice: **15g**
Grilled Cheese Sandwich: **25g**
Peanut Butter Pocket 2.5oz: **30g** String cheese **0g**

Note: Serving sizes may vary by school

<p>* On days that denote Mangers Choice, please call school for detailed information.</p>		<p>*Chips: Baked Cheetos: 19g Baked Hot Cheetos: 19g Baked Doritos: 21g Fantastics: 19g</p>	<p>1 Rise & Shine Bread 30 Breaded Beef Patty 15 Mashed Potato 17 Gravy 6 Dinner Roll 18 Fruited Jell-O 13 Milk</p>	<p>2 Maple Turkey Corndog 21 Max Sticks 32 w/Dipping Sauce 5 Green Salad w/Dressing 3 Apple 21 Birthday Cake 30 Milk </p>
<p>5 Nutri-Donut 41 Beef Tacos 18 w/Salsa 3 Shredded Lettuce Spanish Rice 22 Diced Peaches 18 Milk</p>	<p>6 Egg Sandwich 31 Cheeseburger 35 Lettuce & Pickles Oven Fries 25 Diced Peaches 9 Mustard & Catsup Milk</p>	<p>7 Fruit Turnover 50 Bean & Cheese Burrito 48 Salsa 3 Corn 8 Seasonal Fruit 15 Milk</p>	<p>8 Cheese Quesadilla 22 Spaghetti w/Meat Sauce 55 Bread Stick 18 Salad w/Dressing 3 Petite Banana 13 Milk</p>	<p>9 French Toast 30 w/Syrup 30 Tony's Pepperoni OR Cheese Pizza 35 Crunchy Veggies w/Dip 5 Mixed Fruit Cup 18 Milk </p>
<p>12 Honey Bun 43 Chicken Nugget 15 or Baked Chicken 5 Oven Fries 25 Dinner Roll 18 Granny Apple 21 Catsup Milk</p>	<p>13 Breakfast Burrito 35 French Toast Stix 30 w/ Syrup 30 Sausage Patty Potato Wedge 25 Orange Juice 12 Catsup Milk </p>	<p>14 Egg & Toast 30 APS Hoagie 35 Mustard Pkt Lettuce & Pickles Baby Carrots W/dressing 10 Seasonal Fruit 15 Chips * Milk</p>	<p>15 Pancakes 30 w/Syrup 30 Chicken Patty 11 Mashed Potatoes 17 Gravy 6 Dinner Roll 18 Apple 1/2 11 Milk</p>	<p>16 Cheese Sandwich 31 Max Stuffed Crust Pepperoni OR Cheese Pizza 50 Salad w/Dressing 3 Apricot Cobbler or Crisp 40 Milk </p>
<p>19 French Toast 30 w/Syrup 30 * Manager's Choice or Nachos Supreme 33 Salsa 3 Spanish Rice 22 Fruit Cup 18 Milk</p>	<p>20 Sausage Sandwich 30 * Manager's Choice or Chicken Drumstick 5 Dinner Roll 18 Green Beans 3 Cinnamon Apple Slices 18 Milk</p>	<p>21 Pancakes 30 w/Syrup 30 * Manager's Choice or Turkey Ham Sandwich 35 Mustard Pkt Veggies w/Dip 5 Fruit 18 / Chips * Milk SNOW MAKE-UP DAY</p>	<p>22 Cheese Omelet 2 w/Tortilla 21 Cheese Enchiladas w/Red Chile 34 Shredded Lettuce Spanish Rice 22 / Pinto Beans 11 Fruit 18 Milk LAST DAY OF CLASSES</p>	<p>23 Cinnamon Roll 55 Max Stuffed Crust Pepperoni OR Cheese Pizza 50 Salad w/Dressing 3 Fruited Jello 13 Milk </p>
<p>26 MEMORIAL DAY NO SCHOOL</p>	<p>27 Breakfast Burrito 35 Chicken Nuggets 15 BBQ Sauce Oven Fries 25 Biscuit 18 Frozen Juice Bar 15 Catsup Milk</p>	<p>28 Breakfast Sausage Pizza 18  Corn Dogs 22 w/Mustard Veggie Beans 26 Pickle Spear Seasonal Fruit 15 Milk</p>	<p>29 Egg Sandwich 31 Corn Chip Pie 30 Salad w/Dressing 3 Applesauce 13 Cinnamon Twist 50 Milk</p>	<p>30 Belgium Waffle 26 w/Syrup 30 Tony's Pizzeria Pepperoni OR Cheese Pizza 35 Crunchy Veggies w/Dip 5 Fruit Cup 18 Milk </p>

