

JUNE 2008
MONDAY

TUESDAY

APS 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** Strawberry milk: **30g** Root Beer Milk: **27g** Juice: **15g**
 Toast: **11g**
 Chef Salad: **20g** Grilled Cheese Sandwich: **25g**
 Peanut Butter Crackers: **15g** Peanut Butter Pocket 2.5oz: **30g** String cheese **0g**

Note: Serving sizes may vary by school

<p>2 <i>Mini Pancakes 15 w/Syrup 30</i></p> <p>Macaroni & Cheese 30 Dinner Roll 18 Green Crunchy Veggies w/Dip 5 Diced Peaches 18 Milk</p>	<p>3 <i>Scrambled Egg & Toast 30</i></p> <p>Beef Taco 18 Salsa 3 Shredded Lettuce Spanish Rice 22 Mixed Fruit Cup 18 Milk</p>	<p>4 <i>Bagel w/Ham & Cheese : 35</i></p> <p>Grilled Turkey Ham & Cheese Sandwich 35 Pickle Spear Carrot Sticks w/Dip 10 Chips * Applesauce 25 Milk</p>	<p>5 <i>Rise & Shine Bread 30</i></p> <p>Breaded Beef Patty 15 Mashed Potatoes 17 w/Gravy 6 Dinner Roll 18 Fruited Jell-O 13 Milk</p>	<p>6 <i>Maple Turkey Corn Dog 21</i></p> <p>Max Sticks 32 w/Dipping Sauce 5 Green Salad w/Dressing 3 Seasonal Fruit 15 Birthday Cake 30 Milk</p>
<p>9 <i>Nutri-Donut 41</i></p> <p>Baked Ham w/Potatoes Au Gratin 11.. Dinner Roll 18  Green Beans 3 Fresh Fruit 15 Milk</p>	<p>10 <i>English Muffin w/Egg 27</i></p> <p>Cheeseburger 35 Lettuce & Pickles Oven Fries 25 Diced Pears 9 Mustard & Catsup Milk</p>	<p>11 <i>Fruit Turnover 50</i></p> <p>Potato & Beef Burrito 48 Salsa 3 Corn 8 Petite Banana 13 Milk</p>	<p>12 <i>Cheese Quesadilla 22</i></p> <p>Baja Fish Sticks 21 w/Salsa 3 Breadstick 18 Salad w/Dressing 3 Mixed Fruit Cup 18 Milk</p>	<p>13 <i>French Toast 30 w/Syrup 30</i></p> <p>Tony's Pepperoni :. OR  Cheese Pizza 35 Crunchy Veggies w/Dip 5 Seasonal Fruit 15 Milk</p>
<p>16 <i>Honey Bun 43</i></p> <p>BBQ Pork on a Bun 46  Oven Fries 25 Pickle Spear Granny Apple 15 Catsup Milk</p>	<p>17 <i>Breakfast Burrito 35</i></p> <p>French Toast Stix 30 w/Syrup 30 Sausage Patty :.  Potato Wedge 25 Orange Juice 12 Catsup Milk</p>	<p>18 <i>Bagel w/Egg & Cheese 35</i></p> <p>APS Hoagie 35 Mustard Packet Lettuce & Pickles Baby Carrots w/Dressing 10 Seasonal Fruit 15 Chips * Milk</p>	<p>19 <i>Blueberry Pancakes 34 w/Syrup 30</i></p> <p>Cheese Enchiladas w/Red Chile 34 Shredded Lettuce Spanish Rice 22 Pinto Beans 11 Fruit 15 Milk</p>	<p>20 <i>Biscuit w/Cheese 24</i></p> <p>Max Stuffed Crust Pepperoni :. OR Cheese Pizza 50 Salad w/Dressing 3 Apple 15 Oatmeal Cookie 18 Milk</p>
<p>23 <i>Strawberry & Banana French Toast 28</i></p> <p>Nachos Supreme 33 Salsa 3 Spanish Rice 22 Fruit Cup 18 Milk</p>	<p>24 <i>English Muffin w/Sausage :. 27</i> </p> <p>Beef Teriyaki Bites 6  Oriental Rice 22 Mixed Vegetables 6 Dinner Roll 18 Pineapple 18 Milk</p>	<p>25 <i>Maple Pancakes 37</i></p> <p>Turkey Sandwich 35 w/Chips * Mustard Packet Crunchy Veggies w/Dip 5 Seasonal Fruit 15 Milk</p>	<p>26 <i>Cheese Omelet 2 w/Tortilla 21</i></p> <p>Chicken Nuggets 15 Mashed Potatoes 17 w/Gravy 6 Dinner Roll 18 Apple 15 Milk</p>	<p>27 <i>Cinnamon Roll 55</i></p> <p>Max Stix 32 w/Dipping Sauce 5 Green Salad w/Dressing 3 Fruited Jell-O 13 Milk</p>
<p>30 <i>Cheese Toast 12</i></p> <p>Ravioli 33 Breadstick 18 Green Beans 3 Applesauce Cup 15 Milk</p>	<p>*Chips: Baked Cheetos: 19g Baked Hot Cheetos: 19g Baked Doritos: 21g Fantastics: 19g</p> <p style="text-align: center;">JUNE IS NATIONAL DAIRY MONTH. GET YOUR THREE A DAY!</p> <p style="text-align: right;"> ∴ MENU ITEM CONTAINS PORK. PEPPERONI PIZZA CONTAINS PORK.</p>			