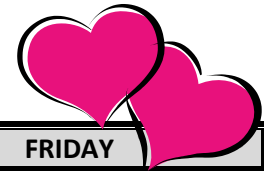






# FEBRUARY 2012 Carb Count Menu



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <b>30</b> Cereal and/or Power Alley Bar<br><u><b>NW Feature Lunch</b></u><br>Nachos, Taco Meat, Cheese, <b>29g</b><br>Corn Seasoned Corn <b>8g</b><br><u><b>Deli</b></u> Bagel-fuls, <b>31g</b><br>Honey Roasted Sunflower Seeds <b>8g</b><br>Yogurt <b>22g</b>   | <b>31</b> Cereal and/or Pancake<br><u><b>NW Feature Lunch</b></u><br>Beef Dippers with<br>Teriyaki Sauce <b>7g</b> & Rice <b>27g</b><br><u><b>Deli</b></u><br>Ham or Veggie Sandwich, <b>33g</b><br>Baked Chips <b>19g</b>  | <b>1</b> Cereal and/or Yogurt<br><u><b>NW Feature Lunch</b></u><br>Chili with Beans, <b>19g</b><br>Cheese Bread Stick <b>14g</b><br><u><b>Deli</b></u><br>Bean & Cheese Burrito, <b>60g</b><br>Baked Tostitos Chips <b>18g</b>   | <b>2</b> Cereal and/or Oatmeal to Go<br><u><b>NW Feature Lunch</b></u><br>Cheese Burger, <b>43g</b><br>Baked Chips <b>19g</b><br><u><b>Deli</b></u><br>Tuna or Veggie Sandwich, <b>36g</b><br>Baked Chips <b>19g</b>                                     | <b>3</b> Cereal and/or Cinnamon Roll<br><u><b>NW Feature Lunch</b></u><br>Galaxy Pizza <b>32g</b><br><u><b>Deli</b></u><br>Peanut Butter & Jelly Pocket, <b>33g</b><br>String Cheese <b>1g</b>                                      |
| <b>6</b> Cereal and/or Power Alley Bar<br><u><b>NW Feature Lunch</b></u><br>Chicken Burger, <b>43g</b><br>Goldfish Crackers <b>14g</b><br><u><b>Deli</b></u><br>Grilled Cheese, <b>45g</b><br>Goldfish Crackers <b>14g</b>  | <b>7</b> Cereal and/or Waffle<br><u><b>NW Feature Lunch</b></u><br>Chicken Caesar Salad, <b>9g</b><br>Bread Stick <b>11g</b><br><u><b>Deli</b></u><br>Turkey or Veggie Sandwich, <b>29g</b><br>Baked Chips <b>19g</b>   | <b>8</b> Cereal and/or Yogurt<br><u><b>NW Feature Lunch</b></u><br>Egg Roll <b>13g</b> , Beef Dippers, <b>7g</b><br>Oriental Rice <b>27g</b><br><u><b>Deli</b></u><br>Tuna or Veggie Sandwich, <b>36g</b><br>Baked Chips <b>19g</b><br><b>Fortune Cookie For All! 6g</b> | <b>9</b> Cereal and/or Goldfish Grahams<br><u><b>NW Feature Lunch</b></u><br>French Toast, <b>28g</b> Sausage, <b>0g</b><br>Applesauce <b>13g</b><br><u><b>Deli</b></u><br>Ham Wrap, <b>27g</b><br>Baked Chips <b>19g</b>                                | <b>10</b> Cereal and/or Cinnamon Roll<br><u><b>NW Feature Lunch</b></u><br>Stuffed Crust Pepperoni Pizza <b>47g</b><br><u><b>Deli</b></u><br>Bagel-fuls, <b>31g</b><br>Honey Roasted Sunflower Seeds <b>8g</b><br>Yogurt <b>22g</b> |
| <b>13</b> Cereal and/or Power Alley<br><u><b>NW Feature Lunch</b></u><br>Chicken n' Cheese Quesadilla <b>35g</b><br>Seasoned Corn <b>8g</b><br><u><b>Deli</b></u><br>Peanut Butter & Jelly Pocket, <b>33g</b><br>String Cheese <b>1g</b>  | <b>14</b> Cereal and/or French Toast<br><u><b>NW Feature Lunch</b></u><br>Corn Dog, <b>27g</b> Chicken<br>Noodle Soup <b>11g</b><br><u><b>Deli</b></u><br>Sub or Veggie Sandwich, <b>29g</b><br>Baked Chips <b>19g</b><br> | <b>15</b> Cereal and/or Yogurt<br><u><b>NW Feature Lunch</b></u><br>Fish Burger <b>43g</b> ,<br>Baked Tater Tots <b>23g</b><br><u><b>Deli</b></u><br>Turkey or Veggie Sandwich, <b>29g</b><br>Baked Chips <b>19g</b>   | <b>16</b> Cereal and/or Muffin<br><u><b>Harvest of the Month</b></u><br>Galaxy Pizza, <b>32g</b><br><b>Homemade Raspberry Square 34g</b><br><u><b>Deli</b></u><br>Bagel-fuls, <b>31g</b><br>Honey Roasted Sunflower Seeds <b>8g</b><br>Yogurt <b>22g</b> | <b>17</b><br><u><b>No School</b></u><br><b>Mid-Winter Break</b><br>  |
| <b>20</b><br><u><b>No School</b></u><br><b>Presidents Day</b><br>  | <b>21</b> Cereal and/or Power Alley<br><u><b>NW Feature Lunch</b></u><br>Cheese Burger <b>43g</b><br>Baked Chips <b>19g</b><br><u><b>Deli</b></u><br>Grilled Cheese, <b>45g</b><br>Orange Smiles <b>8g</b>  | <b>22</b> Cereal and/or Yogurt<br><u><b>NW Feature Lunch</b></u><br>Chicken Nuggets, <b>13g</b><br>Baked Wedges <b>18g</b><br><u><b>Deli</b></u><br>Tuna or Veggie Sandwich, <b>36g</b><br>Baked Chips <b>19g</b>  | <b>23</b> Cereal &/or Teddy Grahams<br><u><b>NW Feature Lunch</b></u><br>Mac n Cheese, <b>38g</b><br>Green Salad <b>4g</b><br><u><b>Deli</b></u><br>Turkey or Veggie Sandwich, <b>29g</b><br>Baked Chips <b>19g</b>                                      | <b>24</b> Cereal and/or Cinnamon Roll<br><u><b>NW Feature Lunch</b></u><br>Stuffed Crust Pepperoni Pizza <b>47g</b><br><u><b>Deli</b></u><br>Peanut Butter & Jelly Pocket, <b>33g</b><br>Honey Roasted Sunflower Seeds <b>8g</b>    |
| <b>27</b> Cereal and/or Power Alley Bar<br><u><b>NW Feature Lunch</b></u><br>Bean & Cheese Burrito, <b>60g</b><br>Mexi Rice <b>27g</b><br><u><b>Deli</b></u><br>Bagel-fuls, <b>31g</b> Yogurt, <b>22g</b><br>String Cheese <b>1g</b><br> | <b>28</b> Cereal and/or Pancake<br><u><b>NW Feature Lunch</b></u><br>Chicken Nuggets <b>13g</b> with<br>Sweet & Sour Sauce, <b>20g</b> Rice <b>27g</b><br><u><b>Deli</b></u><br>Ham or Veggie Sandwich, <b>29g</b><br>Baked Chips <b>19g</b>  | <b>29</b> Cereal and/or Yogurt<br><u><b>NW Feature Lunch</b></u><br>Hot Dog, <b>29g</b> Green Beans, <b>2g</b><br>Baked Chips <b>19g</b><br><u><b>Deli</b></u><br>Tuna or Veggie Sandwich, <b>36g</b><br>Baked Chips <b>19g</b><br><b>Got Milk Cookie For All! 21g</b>   | <b>1</b> Cereal and/or Oatmeal to Go<br><u><b>NW Feature Lunch</b></u><br>French Toast, <b>28g</b> Sausage, <b>0g</b><br>Applesauce <b>13g</b><br><u><b>Deli</b></u><br>Ham & Turkey Wrap, <b>27g</b><br>Baked Chips <b>19g</b>                          | <b>2</b> Cereal and/or Cinnamon Roll<br><u><b>NW Feature Lunch</b></u><br>Galaxy Pizza <b>32g</b><br><u><b>Deli</b></u><br>Peanut Butter & Jelly Pocket, <b>33g</b><br>Honey Roasted Sunflower Seeds <b>8g</b>                      |

Lunches include Nonfat Chocolate or 1% White Milk and a Trip through our Fresh Fruit & Veggie Bar!

| <b>Fruit</b>                           | <b>Portion</b>        | <b>Carbs</b> |
|--|-----------------------|--------------|
| Applesauce Cinnamon Cup                | 4.0 oz                | 30g          |
| Apple Crisp                            | 4.0 oz                | 29g          |
| Applesauce, Canned Unsweet             | 4.0 oz                | 7g           |
| Apple Slices, Canned                   | 1/4 cup               | 6g           |
| Apples, Fresh w/Skin                   | 1 ea                  | 15g          |
| Atomic Apple Bites                     | 1 package             | 18g          |
| Bananas, Fresh Whole, medium           | 1 ea (4.2 oz)         | 27g          |
| Kiwi, medium                           | 1 each (2.7 oz)       | 12g          |
| Fruit Cocktail, Canned                 | 1/4 cup               | 9g           |
| Orange, whole medium                   | 1 each (4.6 oz)       | 16g          |
| Peaches, Canned                        | 1/4 cup               | 9g           |
| Peaches, Froz Cup                      | 4.0 oz                | 30g          |
| Pears, Canned                          | 1/4 cup               | 10g          |
| Pineapple, Canned                      | 1/4 cup               | 9g           |
| Raisins, Seedless                      | miniature box (.5 oz) | 11g          |
| Strawberries, Fresh, medium            | 1 each                | 1g           |
| Strawberries, Froz Swtnd Cup           | 4.0 oz                | 38g          |
| Strawberries, sliced 4+1 (sugar added) | 2 oz                  | 15g          |
| Juice Bar, Frozen, Shape Ups           | 2.25 oa               | 15g          |

| <b>Condiments</b>    | <b>Portion</b> | <b>Carbs</b> |
|----------------------|----------------|--------------|
| BBQ Sauce            | 2 Tbsp         | 20g          |
| Dressing ranch       | 2 Tbsp         | 3.5g         |
| Ketchup              | 1 Tbsp         | 4g           |
| Mayo                 | 1 oz           | 4g           |
| Mustard              | 1 oz           | 2g           |
| Pickle, Relish Sweet | 1 oz           | 10g          |
| Salsa, Commodity     | 2 oz           | 4g           |
| Sour Cream, Low Fat  | 1 oz           | 2g           |
| Syrup, Pancake       | 1 each         | 30g          |

| <b>Breakfast Items</b>          | <b>Portion</b>    | <b>Carbs</b> |
|---------------------------------|-------------------|--------------|
| Power Alley Bar                 | 1.76 oz           | 37g          |
| Waffle Stix                     | 1.1 oz (2 pieces) | 28g          |
| BLUEBERRY MINI LOAF             | 3.0 oz            | 41g          |
| CHOCOLATE CHERRY MUFFIN, RF     | 2.5 oz            | 38g          |
| APPLE FRUIT TURNOVER            | 3.75 oz           | 48g          |
| CHERRY FRUIT TURNOVER           | 3.75 oz           | 51g          |
| Yogurt, Yami                    | 4 oz              | 22g          |
| Cinnamon Roll                   | 1 roll            | 17g          |
| CEREAL CHEERIOS HONEY NUT NTF   | 3/4 c (28g)       | 22g          |
| CEREAL CINN TST CRUNCH NTF      | 3/4 c (28g)       | 22g          |
| CEREAL GLDN GRAHAMS 1Z NTF      | 3/4 c (28g)       | 23g          |
| CEREAL KIX BERRY BERRY NTF      | 3/4 c (28g)       | 14g          |
| CEREAL TRIX RED SUG NTF         | 3/4 c (24g)       | 21g          |
| Drink, Orange Juice             | 4 oz              | 13g          |
| Drink, Apple Juice              | 4 oz              | 13g          |
| Milk, Skim Chocolate Half Pint  | Half Pint         | 28g          |
| Milk, 1% White Half Pint        | Half Pint         | 13g          |
| Milk, Soy Ultra Plain Half Pint | Half Pint         | 11g          |