



# March 2012

## Brunswick City Schools

### Elementary Lunch Menu



Mon	Tue	Wed	Thu	Fri
Lunch price: \$2.50 Extra milk: 50¢  Breakfast is available daily for \$1.50  Menu is subject to change.	Available daily: Peanut butter and jelly Toasted cheese Cheese pizza	Milk, fruit and vegetable are served with every lunch.  Lunches can be paid in advance at the school cafeteria.	1 Chicken quesadilla Corn Assorted fruit/fresh fruit Milk	2 Cheese pizza Tossed salad with dressing Assorted fruit/fresh fruit Milk
5 Chicken strips Roll Vegetable medley Assorted fruit/fresh fruit Milk	6  <b>No School</b>	7 Corn dog Sweet potato fries Assorted fruit/fresh fruit Milk	8 Turkey and gravy Mashed potatoes Roll Assorted fruit/fresh fruit Milk	9 Galaxy pizza Green beans Assorted fruit/fresh fruit Milk
12 Popcorn chicken Roll Peas and carrots Assorted fruit/fresh fruit Milk	13 Hamburger on a bun Baked beans Assorted fruit/fresh fruit Milk	14 Chef salad with chicken Breadstick Assorted fruit/fresh fruit Milk	15 French toast sticks Sausage Hash browns 100% Juice Milk	16 Fish sticks Oven fries Assorted fruit/fresh fruit Milk
19 Chicken nuggets Roll Mashed potatoes Assorted fruit/fresh fruit Milk	20 Foot long hot dog Tater rounds Assorted fruit/fresh fruit Milk	21 Chicken soft taco Salsa Spanish rice with vegetables Assorted fruit/fresh fruit Milk	22 Breadsticks with meat sauce Tossed salad with dressing Assorted fruit/fresh fruit Milk	23 Pepperoni pizza Tossed salad with dressing Assorted fruit/fresh fruit Milk
26 Chicken wrap Potato wedges Assorted fruit/fresh fruit Milk	27 BBQ pork sandwich Carrots and dip Assorted fruit/fresh fruit Milk	28 Macaroni and cheese Broccoli Assorted fruit/fresh fruit Milk	29 Nachos with meat and cheese Refried beans Assorted fruit/fresh fruit Milk	30 Stuffed crust pizza Corn Assorted fruit/fresh fruit Milk

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Below is a list of carbohydrate grams for some of our more popular food choices. This is an approximate carb list.

Corn dog	22 grams each
Foot long hot dog (no bun)	2 grams
Mexican pizza	35 grams per slice
Tony's cheese pizza	32 grams per slice
Whatta Pizza (cheese)	48 grams per slice
Chicken patty (no bun)	17 grams each
Chicken nuggets	15 grams per serving of 5
Chicken strips/fries	12 grams per serving (8 fries or 4 strips)
Tater tots (baked)	9 grams per serving of 2 ounces
Ravioli	33 grams per serving of 2 ounces
Meatballs	3 grams per serving of 2 ounces
N.Y. breadsticks & sauce	23 grams per breadstick (we serve 2) 7 grams for sauce serving of 2 ounces
Mashed potatoes and gravy	47 grams per 2 ounce serving
Oven fries	20 grams per 4 ounce serving
Tortilla (6")	15 grams each (used for fajitas, soft taco and sandwiches)
Tortilla (8")	21 grams each
Taco meat filling	10 grams per serving of 2 ounces
Rib-B-Q	7 grams each
American cheese	2 grams per one ounce
Peanut butter	6 grams for 2 tablespoons
Jelly	13 grams per tablespoon
French toast sticks	30 grams per serving of four sticks
Stuffed crust pizza	52 grams per wedge
Popcorn chicken	8 grams per serving of 14 pieces
Cheese filled breadsticks	16 grams per 1 stick

A student lunch consists of:

- 2 ounces of meat or meat alternate (protein)
- 1 serving of bread minimum
- $\frac{3}{4}$  cup total fruit/vegetable combination
- 8 ounces of fluid milk

The bread serving may be a dinner roll, hamburger roll, hot dog roll or slice of bread depending on the main entrée. To the best of my knowledge two slices of bread or a roll average 22 grams of carbohydrate.

Vegetables and fruit are offered every day and we try to provide a variety. At the middle school level the specific fruit or vegetable is not preselected and printed on the menu. To the best of our knowledge  $\frac{1}{2}$  cup of canned fruit in light syrup averages 14 grams carbohydrates,  $\frac{1}{4}$  cup canned vegetable averages 2-3 grams of carbohydrate, with green peas having approximately 6 grams per  $\frac{1}{4}$  cup.

Eight ounces of white milk contains 12 grams carbohydrate and 8 ounces of 1% chocolate milk contains 26 grams of carbohydrate.

Four ounces of juice has approximately 13 grams of carbohydrate.

The student will also need to consider items such as ketchup, mustard, salad dressing, etc. that are not listed above. Also, an elementary school student may refuse one component and middle and high school students may refuse two components of a full lunch. This will, however, affect the total carbohydrate count.

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