

February 2012

Midland Public Schools Elementary Lunch Menu Carb Count Info

**Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database, GFS website and standardized recipes. These results should be used only as a general nutrition guide-and not for medical nutrition therapy. This is a close approximation of the carbohydrate content in menu items, however, various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer's ingredients. If you should need additional nutrition information, please contact the MPS food service office.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| WG= Whole Grain Menu Subject to Change Without Notice | | 1 (2) Pancakes-27 Syrup-33 Chick. Saus. Patties-2 Pineapple Juice-13 Applesauce-21 | 2 Nacho Pieces-36 with Taco Meat-2 Cheese Sauce-3.5 Fresh Broccoli-1.5 Peaches-17.8 | 3 Turkey & Gravy-4 Mashed Potatoes-16 WG Roll-16 Diced Pears-10 |
| Weekly Alternates: | Sack Lunch: | Deli Turkey Sub with | Fortune Cookie -40 | OR PBJ Sack Lunch-32.7 |
| 6 BBQ Beef Rib Sandwich-37 Potato Smiles-20 Fruit Mix-9 | 7 WG Stfd Crust Pep Pizza-27 Spinach Salad-4 Pineapple Tidbits-10 | 8 Chicken Tenders-12 WG Roll-16 Rice & Beans-11/5 Orange Wedges-11 | 9 Cinn French Toast-32 Syrup-49 Scrambled Eggs-1.7 Apple Juice-14 Peaches-8.5 | 10 Spaghetti with Meat Sauce-41.6 Cheese Breadstick-15 Green Beans-4 Applesauce-10.5 |
| Weekly Alternates: | Sack Lunch: Pizza Lunchable | with Crust, Pizza Sauce | & Mozz. Cheese-35 | OR PBJ Sack Lunch-32.7 |
| 13 WG Grilled Cheese Sandwich-49 Tomato Soup-11.8 Fruit Mix-18 | 14 Cheeseburger On a Bun-26 Sweet Potato Fries-30.6 Peaches-8.5 | 15 Nacho Pieces-36 with Taco Meat-2 Cheese Sauce-3.5 Fresh Broccoli-1.5 Mandarin Oranges-20 | 16 Chicken Nuggets-14 Soft Pretzel Rod-14 Beans & Pasta Salad-8 Banana-23 | 17 NO SCHOOL |
| Weekly Alternates: | Sack: Strawberry Yogurt Cup | & String Cheese Stick | & Scooby Doo Grahams-43 | OR PBJ Sack Lunch-32.7 |
| 20 NO SCHOOL | 21 2) Pancakes-27 Syrup-33 Chick Saus. Patties-2 Pineapple Juice-13 Diced Pears-10 | 22 Bosco Cheese Stuffed Crust Pizza-42 Caesar Salad-15 Applesauce-10.5 | 23 Corn Dog-30 Hashbrown Patty-14 Orange Wedges-11 | 24 Chicken & Noodles-20.38 WG Breadstick-20 Carrots-4.3 Peaches-8.5 |
| Weekly Alternates: | Sack Lunch: | Chef Salad with Ham & | Cheese with Saltines- | OR PBJ Sack Lunch-32.7 |
| 27 Hot Dog on WG Bun-23.6 Baked Beans-16 Fruit Mix-18 | 28 Chicken Nuggets-14 WG Roll-16 Oven Fries-22 Mandarin Oranges-20 | 29 Macaroni & Cheese-27.4 Soft Pretzel-14 Green Beans-2 Banana-23 | Food Bar Items Fresh Apple-19 Ranch Packet-0 Taco Sauce Packet-1 BBQ Sauce Pkt-5 Ketchup Packet-2 | Pkg Baby Carrots-3 Salad Dressing Pkt-2 Offered Daily 1% White Milk-11 Skim Chocolate-26 |
| Weekly Alternates: | Sack Lunch: Cereal Fun | Lunch with Hard Boiled | Egg & Grhm Crackers-31.5 | OR PBJ Sack Lunch-32.7 |

* Self-Serve Food Bars offered with all meals include canned fruit of the day, fresh apple, baby carrots with ranch dip, and condiments

Questions? Call Dawn Madison (Director of Food & Nutrition Services) at 923-5011.
To sign up for EBites nutrition newsletters, check out our website at www.eatlearnlive.com
For additional menu and nutrition info see the lunch section on the MPS Website

All Alternate & PBJ Sandwich Sack Lunches include Baby Carrots and Food Bar.
All meals include choice of 1% white or skim chocolate milk.

Prices

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|-------------------------|--------|
| Paid Lunch | \$2.15 |
| Reduced Lunch | \$.40 |
| Paid Breakfast | \$1.25 |
| Reduced Breakfast | \$.30 |
| Milk Only | \$.50 |

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