

Baseline Spring Lunch Menu

Diabetic Carbohydrate Counts— menu is subject to change

Week One

April 8-12 & May 6-10

Monday

Pepperoni or Cheese Calzone—33
with 1 Marinara Sauce Cup —4
or 1 large Smuckers PBJ Uncrustable-64
or 1 small Smuckers PBJ Uncrustable-32
4 Fresh Carrots—6 & 1 Ranch Cup—1
1 cup Tossed Salad—2
1 Apple Juice Cup—14

Tuesday

1 Spicy Chicken Sandwich—36
or 1 Mild Chicken Sandwich—36
or 1 Honey BBQ Beef Riblet on a WG Bun—41
1/4c Pickles & Onion—0
1/4c Pineapple Salsa—8&1 bag Tostito-19
1/2c Peaches —14 or 1 Peach Cup —17

Wednesday

1/2c Teriyaki Rice—15
w/ 1/2c Brown Rice —23
or Turkey Burger—28
1/2c Green Beans—4
1/2c Broccoli —5 w/ 1 Ranch Cup—1
1 Banana—27

Thursday

1pk Mini Cheeseburger Sliders—39
or 1 Pork Tenderloin on WG Bun—37
1/2c French Fries—17
1 Cheese Sauce Cup—14
1/2c Cinnamon Pears - 14
1 cup Salad—2

Friday

2 Cheesy Breadsticks-38
or 1 Sloppy Joe on WG bun-29
with 1 Marinara Cup—4
1/2c Edamame—8
1/2c Grapes—23
1 Fruit Snack —20

Week Two

April 15-19 & May 13-17

Monday

3pc Chicken Tenders-12 & 1 Waffle-13.5
1 Syrup-31
or 1 WG Corn Dog-30
1 pc Crispy Potatoes 27
1 box Sun Splash Punch-1
1 Mixed Berry Cup-20

Tuesday

1/2c Chicken Alfredo & 1/2c Pasta—18
or 1/3c Pulled BBQ Pork on 1 bun-29
1/2c Green Beans-4,
4 Fresh Carrots-7 & 1 Ranch Cup-1
1/2c Peaches —14 or 1 Peach Cup —17

Wednesday

1 Bacon Cheeseburger-21.4
or 1 Crispy Chicken Sandwich-36
1pkg *Munchie Mix*-17
1 slice Tomato, 1/4c Pickle & 1/4 Lettuce —8

1/2c Applesauce-18
or 1 Cinnamon Applesauce Cup-9
or 1 Plain Applesauce Cup-17

Thursday

1 Stuffed Cheese or Pepperoni Pizza-40
or 1 large Smuckers PBJ Uncrustable-64
or 1 small Smuckers PBJ Uncrustable-32
1/2c Sweet Potato Fries-24
4pc Fresh Orange Wedges-21
1 Juice-14

Friday

2 Chili Cheese Crisptos-43
or 2 Cheesy Breadsticks-38
with 1 Marinara Cup—4
1/2c Black Bean Salad-17
1 cup Romaine Salad—2
1/2c Pineapple-18

Week Three

April 22-26 & May 20-24

Monday

1 slice Cinnamon French Toast-25
& 1 Sausage Link -1
or Beef Hot Dog on bun-19
1 Orange Juice Cup-14
4 Baby Carrots- 76
Mixed Berry Fruit Cup-20

Tuesday

1 Breaded Chicken Drumstick -5
w/1 Cornbread Muffin-28
or 1 Turkey Burger—28
1/2c Mashed Potato-20 & 2 tbsp Gravy -2
1/2c Coleslaw 17
1/2c Peaches -14 or 1 Peach Cup -17

Wednesday

Turkey Tenderloin Sandwich -32
or 1 All American Cheeseburger—21.4
1/2c Ranch Fries—17
1 slice Tomato & 1/4c Lettuce—7
1 Apple—14 or 1 Orange—21 or 1 Banana—27

Thursday

1 each 8" Soft Shell Taco w/2oz beef &
2TBP Cheese on 1 Shell—33
or 1 Crispy Chicken Sandwich—36
1/2c Refried Beans—18
1 bag Baked Scoops—19
1/4c Salsa—2
1 Apple—14 or 1 Orange—21 or 1 Banana—27

Friday

1 slice Beefy Fiestada Pizza—39
or 2 Cheesy Breadsticks—38
w/ 1 Marinara Cup—4
1/4c Salsa—2
1 cup Spinach Salad -1
Lunch Bunch Grapes—23

Week Four

April 29-May 3 & May 27-31

Monday

1 Cheese Omelet- 1
w/ 1 Biscuit- 23 & 1/4c Gravy—6
or 1 large Smuckers PBJ Uncrustable-64
or 1 small Smuckers PBJ Uncrustable-32
1/2c Diced Hash Browns—24 or Starz—18
4 Baby Carrots -6
1 Apple Juice Cup—14

Tuesday

1 BBQ Chicken Flatbread—38
or Italian Submarine -28
or Chef Salad—44
3 Carrots/1 Celery/4 Cucumber/3 Tomato—7
1 Ranch Cup—1
1/2c Applesauce-18 or 1 Cinnamon
Applesauce Cup-9 or 1 Plain Applesauce
Cup-17
1 Fruit Snack—20

Wednesday

1 cup Rustic Lasagna—24
with 1 WG Garlic Bread—11
or 1 Crispy Chicken Sandwich—36
1/2c Corn Nibbles -16
1 cup Tossed Salad—2
1/2c Pineapple 20

Thursday

6pc Chicken Nuggets—15.6
or 1 WG Corn Dog—30
1/2c Baked Beans—29
1/2c Macaroni Salad—27
1/2c Peaches -14 or 1 Peach Cup -17

Friday

Nachos w/2oz Taco Meat, 2TBSP Cheese
and 1 bag tortilla chips—25
or 2 Cheesy Breadsticks—38
w/ 1 Marinara Cup -4
1/4c Salsa—2, 1/2c Lettuce—1
1 Sour Cream Cup—2
3 Carrots/1 Celery/4 Cucumber/3 Tomato—7
1/2c Mandarin Oranges—20

White Milk—Skim	1 carton	11
White Milk—1%	1 carton	11
Chocolate Milk-1%	1 carton	24
Strawberry Milk -1%	1 carton	22
Butter Cup	1 each	0
Parmesan Cheese	1 tbsp.	2
Ranch Cup	1 each	1
Classic Italian	1 each	1
Honey French	1 each	9
Fuji Apple	1 each	10
Cesar	1 each	2
Honey Mustard	1 each	8
Mayo Packet	1 each	1
Mustard	1 tsp	1
Ketchup	2 tbsp.	10
Sriracha Packet	1 each	2
BBQ Sauce Cup	1 each	11
Sweet & Sour Cup	1 each	11
Caramel Dip	1 each	18
Peanut Butter Cup	1 each	4
Crouton Packet, WG	1 each	7
Apple, whole	1 each	14
Apples, Sliced	1 bag	14
Banana, small	1 each	27
Banana, large	1 each	27-32
Cantaloupe/Honeydew	1/2 cup	16
Clementine, whole	1 each	15
Orange, Whole	1 each	21
Orange Wedges	4 wedges	21
Watermelon	1/2 cup	6
Grapes	1/2c	14
Sliced Kiwi	3 slices	6
Lettuce Salad Greens	1 cup	2
Cucumber Slices	1/2 cup	1
Baby Carrots	4pc	7
Sliced Peppers	1/4c	1.75
Celery Sticks	2pc	1
Snow peas/Pea Pods	1/2c	2.5
Broccoli	1/2c	5.5
Cauliflower	1/2c	2
Macaroni Salad	1/2c	27
Potato Salad	1/2c	25
Coleslaw	1/2c	17
Broccoli Salad	1/2c	17