

This nutritional information should not be used for menu planning for children with medical conditions or food allergies. Please consult a medical professional for assistance.

IT IS IMPORTANT TO NOTE THAT INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITH OR WITHOUT NOTICE.

Please note that the School District nor the Nutritional Analysis software provider, CANNOT guarantee that the information provided is 100% accurate and up-to-date. The nutritional information that is displayed is provided by food manufacturers, distributors, and other third parties.

## Carb Count Menus

### Gahanna Elementary School Plate Lunches 2017-2018

#### Menu 1 Red Week

Fish Tenders 18	Mac & Cheese 28	Pepperoni Pizza 29	Pancakes 43	Stuffed Cheese Stick 30	<b>Milk</b>	Romaine/Iceberg Salad 1	
Baked Beans 24	Soft Pretzel 14	Green Salad 1	Chicken Sausage 1	Green Salad 1		1% Low Fat White 13	Lite Ranch 1TB 3
Mandarin Oranges 18	Peas 12	Sliced Cucumbers 2	Sweet Pot. Fries 18	Applesauce 14		Fat Free Choc 23	LowFat Italian 1TB 3
Sunchips Snack Mix 15 or	Fresh Fruit	Diced Pears 18	Fresh Fruit	Cookie 18		Fat Free Strawberry 28	Ketchup 1 TB 5
Milk	Milk	Milk	Milk	Milk	<b>Fresh Fruit</b>	Marina Sauce 1 oz 3	

#### Menu 2 Green Week

Turkey/Beef Hotdog-6 w/ Bun 21	Beef Pepperoni Calzone 35	Popcorn Chicken 13	ChickenPatty16 Bun 19	Donatos Chz Pizza 24	1/2 Apple 10	<b>Ice Cream Treats</b>	
Sweet Potato Fries 18	Corn 22	Green Salad 1	Mashed Potato 16 Gravy 1	Green Salad 1		Oranges 16	FireCracker Jr 8
Baked Beans 24	Green Salad 1	Cherry Tomatoes 3	Green Beans 7	Mixed Fruit 15		Bananas 23	Fudge Bar 19
Fresh Fruit	Frozen Fruit Treat 20	Chickpeas 10	Fresh Fruit	Graham Snack 20		Grapes 16	Orange Creamsicle 14
Milk	Milk	Dinner Roll 16	Milk	Milk	Pears 9	MiniIceCreamSandw 22	
		Peaches 19			Raisins 30	<b>Ice Cream Cups</b>	
		Milk			<b>Fruit Cups</b>	Choc Ripple 15	
					Applesauce Cups 16	Cotton Candy 14	
					Peach Cup 19	Strawberry Ripple 15	

#### Menu 3 Gold Week

Chicken Nuggets 15	Pasta(+Sauce) 26 Meatballs 7	Cheese Quesadilla 32	Cheeseburger 2 Bun 19	Chicken Breast Tend. 14	Strawberry Cups 22		
Dinner Roll 16	Breadstick 16	Baby Carrots 7	Baked Beans 24	Broccoli 1		<b>Canned Fruits</b>	
Green Beans 7	Green Salad 1	Hummus Dip 6	Fresh Fruit	Mixed Fruit 15		Applesauce 14	
Applesauce 14	Fresh Fruit	Pineapple 11	Ice Cream Cup	Cheeze-It Crackers 14		Mandarin Oranges 20	
Milk	Milk	Milk	Milk	Milk	Mixed Fruit 15		

#### Menu 4 Blue Week

Corn Dog 30	Beef 4/ Bean 11 /Cheese 1 Nachos	Flyers Cheese Pizza 28	Chicken Drumstick 5	Grilled Cheese 29	Pears 18		
Smiley Fries 20	Corn 22	Baby Carrots 7	Dinner Roll 16	Tomato Soup 9		Peaches 19	
Green Salad 1	Black Bean Salsa 12	Snow Peas 1	Broccoli 1	Celery Sticks 2		Pineapple 11	
Capri Sun Juice 21	Tortilla Chips 19	Hummus Dip 6	Seasond Rice 30	Gold Fish Crackers 14			
Milk	Fresh Fruit	Peaches 19	Fresh Fruit	Fresh Fruit	<b>Alternate Entrée Options</b>		
	Milk	Milk	Milk	Milk	Cheese Sandwich 29	Yogurt 20 String Cheese 1	
					Turkey Sandwich 28	Dinner Roll 16	
					WowButter Sandwich 28		

Menu items are chosen based on the dietary Guidelines for Americans and USDA National School Lunch Program. Please note: Items are subject to change.

