



August 2010

WAYNESVILLE ELEMENTARY



LUNCH - 2.50
BREAKFAST - 1.25



Monday	Tuesday	Wednesday	Thursday	Friday					
2	3	4	5	6					
9	10	11	12	13					
16	17	18	19	20					
23	Hamburger/Fish on a Bun Corn Applesauce Cup Milk	24	Tony's Pizza Green Beans Applesauce Milk	25	Chicken Nuggets Fries Strawberries Milk	26	PBJ Sandwich OR Ham & Cheese On Bun Celery Stix w/ Dip Peach Cup Milk	27	
Sloppy Joe OR Pork BBQ on Bun Tater Tots Mixed Fruit Milk	30	Corn Dogs or Minis Baked Beans Applesauce Milk	31						MILK - carb counts Chocolate Milk - 30 Strawberry Milk - 27 1% White Milk - 11 2% White Milk - 12

WELCOME BACK!

Carb Counts - per 1/2 cup serving

- Applesauce - 32
- Apple Slices (bagged) - 12
- Apple Slices - 9
- Banana - whole - 27
- Green Beans - 4
- Baked Beans - 26
- Carrot Stix - (3 1/2 oz) - 10
- Celery Stix - 1.5
- Coleslaw - 4.52
- Corn - 21
- Corn on the Cob - 2.55
- Fruit Cocktail - 18
- Mixed Fruit - 8.8
- Tropical Fruit Salad - 20
- Apple Juice - 13
- Grape Juice - 22
- Mandarin Oranges - 20
- Diced Peaches - 12
- Frozen Peach Cups - 30
- Diced Pears - 20
- Peas - 12
- Pineapple Tidbits - 20
- Rice - 22.39
- Winter Blend - 5
- Mixed Veggies - 8

Complete carb count listing is on our website

