

SCICON Menu

Week of (Sample Menu)

(Menu subject to change)
 1% milk; unflavored is offered at meal times.
 Non-fat; unflavored milk is available upon request.

MONDAY LUNCH		
	Serving Size	Carbs
Chicken Pattie w/Bun	1 each	12g
Baby Carrots	1/4 C	4g
Romaine Lettuce	1/2 C	1g
Ranch Dressing	2 Tbsp	4g
Peaches	1/2 C	17g
Mayonnaise	1 tsp	1g
Ketchup	1 Tbsp	4g
Chocolate Milk	8oz	22g

MONDAY DINNER		
	Serving Size	Carbs
Orange Chicken	1/3 C	19g
Tossed Salad w/ ranch	1/3 C	19g
Steamed Rice	1/2C	10g
Jello w/ fruit		9g
Water		0g

TUESDAY BREAKFAST		
	Serving Size	Carbs
Ham & Eggs	1/3C	1g
Cold cereal (Froot Loops)	1/2C	34g
Orange wedges	6 wedges = 1/2C	11g
Apple juice	1/2 C	19g
Milk	8oz	16g

TUESDAY LUNCH		
	Serving Size	Carbs
Corndogs	1	26g
Beans	1/2C	21g
Baby carrots	4 = 1/4C	4g
Apple	1	22g
Mustard	1tsp	
Ketchup	1Tbsp	
Chocolate Milk	8oz	22g

TUESDAY DINNER		
	Serving Size	Carbs
Chicken Tenders	1	5g
Seasoned rice	1/2C	10g
Green beans	1/4C	2g
Dinner roll	1	14g
Water	8oz	0g

WEDNESDAY BREAKFAST		
	Serving Size	Carbs
French toast sticks	2 each	24g
Sausage patty	1	0g
Mixed Fruit	1/2C	17g
Syrup		26g
Orange Juice	1/2C	30g
Milk	8oz	16g

WEDNESDAY LUNCH		
	Serving Size	Carbs
Crispitos	1 Each	18g
Mac and Cheese	1/2 C	33g
Pears	1/2C	16g
Salad w/Ranch	1 C	17g
Chocolate Milk	8oz	22g

WEDNESDAY DINNER		
	Serving Size	Carbs
Chile Verde meat	1/2C	12g
Steamed rice		10g
Baby carrots	2 each	2g
Ice cream	1	15g
Water	8oz	0g

THURSDAY BREAKFAST		
	Serving Size	Carbs
Breakfast Bar	2 each	8g
Sausage Link	1 each	1g
Yougurt		20g
Peaches		
Apple juice	1/2C	19g
Milk	8oz	16g

THURSDAY LUNCH		
	Serving Size	Carbs
Pasta w/ meat sauce	1C	43g
Green salad w/ italian	1C	2g
Mixed Fruit	1/2C	17g
Graham Crackers	1	17g
Milk	8oz	16g

THURSDAY DINNER		
	Serving Size	Carbs
Turkey & gravy	1/2C	5g
Mashed potatoes	1/2C	19g
Tossed salad w/ ranch		2g
SCICON roll	1	22g
Cookies	1	20g
Lemonade	8oz	15g

FRIDAY BREAKFAST		
	Serving Size	Carbs
Scrambled Eggs	1/3C	0g
Potatoes	1/2C	20g
Breakfast applesauce bread	1	16g
Applesauce	1/2C	12g
Milk	8oz	16g

FRIDAY LUNCH		
	Serving Size	Carbs
Whole wheat bread	2 slices	30g
Deli ham	2 oz	2g
Cheese Slice	1 each	3g
Mustard	1tsp	0g
Mayonnaise	1tsp	0g
Baby Carrots		4g
Celery	2 sticks	1g
Craisins	1/2C	31g
Dorito chips	1 each	16g
Chocolate Milk	8oz	22g