

## CARB AND ALLERGEN AFTER SCHOOL SUPPER MENU

ALLERGEN LEGEND			
D-DAIRY	E-EGG		
S-SOY	F-FISH		
W-WHEAT	T-TREE NUTS*		

Menu Item Name	Cal	Carb	D	S	W	E	F	T
<b>Monday Week 1</b>								
Chicken Waffle Sandwich	150	21g	D	S	W	E	--	--
String Cheese	60	1g	D	--	--	--	--	--
Baby Carrots w/Ranch Dip	97	7g	D	--	--	E	--	--
Applesauce	56	14g	--	--	--	--	--	--
Milk (unflavored skim or 1%)								
<b>Tuesday Week 1</b>								
Cheese Pocket	290	30g	D	S	W	--	--	--
Diced Pears	76	20g	--	--	--	--	--	--
Fruitables Gold Rush Juice	40	10g	--	--	--	--	--	--
Milk (unflavored skim or 1%)								
<b>Wednesday Week 1</b>								
Cheeseburger Sliders	272	30g	D	S	W	--	--	--
Baby Carrots w/Ranch Dip	97	7g	D	--	--	E	--	--
Diced Peaches	74	19g	--	--	--	--	--	--
Milk (unflavored skim or 1%)								
<b>Thursday Week 1</b>								
Grilled Cheese Sandwich	280	31g	D	S	W	--	--	--
Applesauce	56	14g	--	--	--	--	--	--
Fruitables Gold Rush Juice	40	10g	--	--	--	--	--	--
Milk (unflavored skim or 1%)								
<b>Friday Week 1</b>								
Nacho Bag	475	49g	D	--	--	--	--	--
Salsa Cup	25	5g	--	--	--	--	--	--
Fruit Cocktail	73	19g	--	--	--	--	--	--
Milk (unflavored skim or 1%)								

Menu Item Name	Cal	Carb	D	S	W	E	F	T
<b>MILK</b>								
Plain 1% Milk	110	13g	D	--	--	--	--	--
Plain Skim Milk	90	13g	D	--	--	--	--	--