

*PLEASE NOTE: Carbohydrate counts are based on information obtained from manufacturers and school recipes and may vary due to product substitutions and/or recipe variations. If you or your child have a medical condition, please check the manufacturer label before consuming any food at school*

All Meals Served with Choice of Skim (13), 1% (13), or Skim Chocolate Milk (18)

Red= High School Portion  
½ cup fruit serving listed

## February 2018

### Sauk Prairie MS and HS Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Poppers (16) Honey Biscuit (32) Garden Salad Bar (~2) Orange Wedges (10)	2 Garlic French Bread Pizza (34) With Marinara Sauce (7)(14) Garden Salad Bar (~2) Peaches (12) Elf Grahams (20)
5 Super Nachos (3) Corn Tortilla Chips (36) Black Beans (20) Steamed Corn (13) Veggie Toppings (~2) Strawberry Cup (22)	6 Chicken Patty (14) On a Whole Grain Bun (20) Curly Fries (23) Garden Salad Bar (~2) Pineapple (16)	7 Pulled Pork Sandwich (18) On a Hoagie Bun (30) Baked Beans (29) Garden Salad Bar (~2) Apple (8) Baked Lay's Chips (26)	8 No School	9 No School
12 Banana Bread (44) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	13 Diced Turkey & Gravy over Mashed Potatoes (~10) Dinner Roll (15) Steamed Broccoli (1) Strawberries & Banana Halves (~11)	14 Stuffed Crust Cheese Pizza Wedge (35) Green Beans (4) Garden Salad Bar (~2) Pear Slices (16) Heart-Shaped Sugar Cookie (18)	15 Turkey Hot Dog On a Whole Grain Bun (27) Baked Beans (30) Apple Slices (8) Radish, Carrot & Celery Sticks (~1) Apple Slices (8)	16 Whole Wheat Pasta (38) With Meatballs (3) & Marinara (14) Bread Stick (15) Garden Salad Bar (~2) Pineapple (16)
19 Orange Chicken (19) Steamed Brown Rice (23) (46) Steamed Broccoli (1) Cucumber & Cherry Tomato (~1) Mandarin Oranges (14)	20 Beef Taco (4) Soft Shell (29) Assorted Veggie Toppings (~2) Cheesy Pinto Beans (20) School Made Blueberry Cake (~20)	21 BBQ Rib Patty (6) On a Hoagie Bun (30) Potato Wedges (20) With Dipping Sauce (1) Garden Salad Bar (~2) Craisins (28)	22 Chicken Noodle Soup (18) Dinner Roll & Crackers (20) Cheddar Cheese Cubes (1) Garden Salad Bar (~2) Banana (17)	23 Italian Mozzarella Sticks (31) With Marinara Sauce (7) Garden Salad Bar (~2) Tropical Fruit Mix (~16)
26 French Toast Sticks (28)(37) Sausage Patty (1) Potato Smiles (20) Broccoli Florets (1) Applesauce (22)	27 Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	28 Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14) Strawberry Shortcake (~32)		

**This institution is an equal opportunity provider.**



**February 2018**  
**Sauk Prairie MS & HS Breakfast Menu**

<p>Cereal Breakfast Available Daily</p> <p>Sausage Breakfast Pizza (56)* Egg &amp; Bacon Pizza (46)* Fruit (~15), Juice (14)</p> <p>*serving = 2 slices</p>	<p>Mini Cinni (37) Fruit (~15), Juice (14)</p>	<p>English Muffin with Egg, Cheese, &amp; Ham (24) Fruit (~15), Juice (14)</p>	<p>Sausage Pancake Wrap (17) Fruit (~15), Juice (14)</p>	<p>Breakfast Sandwich (29) Fruit (~15), Juice (14)</p>
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