

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)

March 2018

Sauk Prairie MS and HS Carb Count

Red= High School Portion
½ cup fruit serving listed

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Stuffed Crust Cheese Pizza Wedge (35) Green Beans (4) Garden Salad Bar (~2) Banana (17)	2 Fish Nuggets (22) Dinner Roll (20) Steamed Peas (11) Garden Salad Bar (~2) Red & Green Grapes (14)
5 Super Nachos Black Beans Steamed Corn Veggie Toppings Orange Wedges	6 Chicken Patty On a Whole Grain Bun Curly Fries Garden Salad Bar Pineapple	7 Garlic French Bread Pizza (34) With Marinara Sauce (7)(14) Garden Salad Bar (~2) Peaches (12)	8 Chicken Quesadilla (38) Refried Beans (19) Steamed Corn (13) Assorted Veggie Toppings (~2) Strawberry Shortcake(~32)	9 No School
National School Breakfast Week! March 5-9th				
12 Mini Pancakes (39) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	13 Chicken & 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) Shamrock Cookie (18)
19 Chicken Teriyaki (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) Peaches (12) School Made Blueberry Cake (~20)	21 Pulled Pork (18) 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)
Spring Break Week				
Cereal Breakfast Available Daily- check label Sausage Breakfast Pizza (56)* Egg & Bacon Pizza (46)* Fruit (~15), Juice (14) *serving = 2 slices	Mini Cinni (37) Fruit (~15), Juice (14)	School Made Muffin (~39) with Colby Jack Cheese Stick Fruit (~15), Juice (14) March 7 th - Muffin comes with Fruit Smoothie (~35)	Breakfast Burrito (14) Fruit (~15), Juice (14)	Breakfast Sandwich (29) Fruit (~15), Juice (14)

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