

May 2018

Sauk Prairie MS and HS Carb Count

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
 $\frac{1}{2}$ cup fruit serving listed

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	2 Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14) Banana Snack Cake (26)	3 Stuffed Crust Cheese Pizza Wedge (35) Green Beans (4) Garden Salad Bar (~2) Banana (17)	4 Mac & Cheese (30) Pretzel Bites (25) Steamed Peas (11) Garden Salad Bar (~2) Red & Green Grapes (14)
7 Garlic French Bread Pizza (34) With Marinara Sauce (7)(14) Garden Salad Bar (~2) Peaches (12)	8 Chicken Patty (14) On a Whole Grain Bun (20) Curly Fries (23) Garden Salad Bar (~2) Pineapple (16)	9 Pulled Pork Sandwich On a Hoagie Bun (30) Baked Beans (29) Garden Salad Bar (~2) Apple (8) Baked Lay's Chips (26)	10 Honey Sriracha Boneless Wings (14) Wild Rice Blend (21) Garden Salad Bar (~2) Orange Wedges (10)	11 Sloppy Joe (3) Whole Grain Bun (20) Baked Beans (30) Garden Salad Bar (~2) Strawberry Cup (22)
14 Mini Pancakes (39) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	15 Chicken & Gravy over Mashed Potatoes (~10) Dinner Roll (15) Steamed Broccoli (1) Strawberries & Banana Halves (~11)	16 Stuffed Crust Pepperoni Pizza Wedge (36) Green Beans (4) Garden Salad Bar (~2) Pear Slices (16)	17 Whole Wheat Pasta (38) With Meatballs (3) & Marinara (14) Bread Stick (15) Garden Salad Bar (~2) Pineapple (16)	18 Turkey Hot Dog On a Whole Grain Bun (27) Baked Beans (30) Radish, Carrot & Celery Sticks Apple Slices (8) Chocolate Pudding (16)
21 New-Tangerine Chicken (12) Steamed Brown Rice (23) (46) Steamed Broccoli (1) Cucumber & Cherry Tomato (1) Mandarin Oranges (10)	22 Beef Taco (4) Soft Shell (29) Assorted Veggie Toppings (~2) Cheesy Pinto Beans (20) Peach Slices (12)	23 Italian Mozzarella Sticks (31) With Marinara Sauce (7) Garden Salad Bar (~2) Strawberry Shortcake (~32)	24 Chicken Noodle Soup (18) Dinner Roll (20) & Crackers (5) Cheddar Cheese Cubes (1) Garden Salad Bar (~2) Banana (17)	25 Hot Ham & Cheese On a Pretzel Bun (29) Tater Tots (14) Garden Salad Bar (~2) Craisins (28)
28	29 French Toast Sticks (24)(32) Sausage Patty (1) Potato Smiles (20) Broccoli Florets (1) Applesauce (22)	30 Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	31 Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14)	

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Sauk Prairie MS and HS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Breakfast Available Daily- check label Sausage Breakfast Pizza (56)* Egg & Bacon Pizza (46)* Fruit (~15), Juice (14) *serving = 2 slices	Mini Cinnis (37) Fruit (~15), Juice (14)	Chicken Biscuit (39) Fruit (15), Juice (14)	Breakfast Boats= Seasoned Potatoes (19) Biscuit (27) Fruit (~15), Juice (14)	Breakfast Sandwich (29) Fruit (~15), Juice (14)

Cold Breakfast Option

Cereal: *Trix (reduced sugar), Golden Grahams, & Apple Cinnamon or Multigrain Cheerios*

Yogurt or String Cheese

Juice & Fruit

Milk

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