

Milford School Food Services
Elementary Lunch Menu

Carbohydrate Counts

Breads & Grains

Bagel 2.3oz.	39g
Bread 1sl.	10g
Italian Dunkers-Bread Sticks1oz.	13g
Italian Bread	11g
Pasta 1/2c	20g
Rice ½ c	18g
Rolls, Burger	23g
Roll, Grinder	32g
Roll, Hard	32g
Roll, Dinner	14g
Rolls, Hot Dog	19g
Taco shells 2ea	2.4g
Pasta Shapes ¾ c	32.5g

Entrees:

Meatball Grinder w/side pasta:	
Meatballs 4 ½ oz.	4g
Marinara Sauce 6oz.	18g
Grinder Roll 2.5oz.	32g
Pasta Side ½ cup	20g

Frozen Breakfast Items:

Belgium Waffle Sticks 2ea.	28g
1stick=14g . Portion =2 sticks	
French Toast Sticks -Farm Rich	39g
1stick=13g Portion =3sticks	

Beef:

Char-Broiled Burger	2g
Burgers	2g

Cheese:

Galaxy Round Pizza	29.9g
Pizza, 4 x 6 Square	37.6g
French Bread Pizza- Red Baron	36g
Stuffed Shells 2pcs	23g
Domonics Cheese Ravioli	23g
Calzone w/ Cheese	43g
Pizza Dippers	
W/Marinara Sauce 4oz.	12g

Chicken:

Chicken Dippers	6.9g
Chicken Nuggets	12g
Chicken Patty	12g
Chicken Fryz	3.7g
Fish Sticks	17g
Turkey Franks	2g

Fruits & Vegetables**All Fruits canned =1/2c**

Applesauce	14g
Fruit Cocktail	10.4g
Oranges	15.2g
Apples	21g
Bananas	26.7g
Peaches	7.5g
Pears	20g
Pineapple	20g

Fruit Juice 4oz.

Orange	13.4g
Apple	14g
Pineapple	16g
Fruit Punch	15.5g

Vegetables 1/4c

Carrots	2-3g
Corn	8g
Broccoli	2.5g
Mixed Vegetables	6g
Green Beans	2-3g
Baked Beans	14.5g

Potatoes 1/3c

Mashed	9.3g
Tots	12.4g
Oven Fries	16.5g
Smiles	24g
Wedges	14.2g
Hash Browns	15g
Curley Fries	15g

Desserts on Menu:

Pudding ½ cup	29g
Chocolate Chip Cookie 1.0oz.	17g

A La Carte Snacks:

Pretzels 1.5oz. Bag	34g
Cheezits 1.5oz.	23g
Animal Crackers 1oz.	22g
Linden Cookies 2pk. 1.1oz.	21g
Berry Kix 7/8oz.	21g
Corn Pops 3/4oz.	19g

Alternative Entrees:**Sandwiches:**

3-D Peanut Butter & Jelly	55.9g
Tuna Grinder	33g
Egg Salad on Hard Roll	33g
Turkey Grinder	32g
Ham & Cheese on Hard Roll	32.5g

Salads:

Tuna Chef	5g
3-Cheese Chef	5g
Chicken Bowtie	23g
Hard Boiled Egg Chef	4.2g
Macaroni & Tuna Chef	24g

Bagel & Yogurt Plate:

Includes:

1 Bagel 2.3oz.	39g
Cheese 1 oz.	1g
Yogurt 4oz.	22g

All lunches include a choice of Entrée Plus a choice of 2 fruits or vegetables and one 8oz. Container of Milk.

**Milford Public Schools
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Dear School Nurse:

Attached is a list of the Carbohydrate Counts of foods on our menus in the Elementary Schools in Milford.

If you have any questions or concerns, please do not hesitate to call me at 783-3490.

Sincerely,

Eileen S. Faustich, M.S. C D-N
Food Service Director