

**DIABETIC 5 DAY CYCLE LUNCH MENU
WATERFORD PUBLIC SCHOOLS
CARB COUNTS**

	MEAT/ MEAT ALT	C	VEGETABLE	C	GRAIN	C	FRUIT	C	MILK	C
MON	GRILLED CHEESE SAND. Integrated #99355	31	CUCUMBERS 1/2c GRAPE TOMATOES 6 tomatoes 1/4 c	1.9 3	(INCLUDED IN SANDWICH)		APPLE SAUCE CUP Musselmens #01062 or ZZ's # 01055	13 14	CHOCOLATE STRAWBERRY WHITE 8oz	22 22 13
TUES	CHICKEN PATTY Proview #98362	13	SMILE FRIES 1/2 C 32035 CORN 1/2 C 31665 or USDA	25 16	HAMBURGER BUN Calise 1703	28	APPLE JUICE 4 OZ Ardmore 32506	14	CHOCOLATE STRAWBERRY WHITE 8oz	22 22 13
WED	MOZZARELLA STICKS 5 PCS Rich's 39015	35	MARINARA SAUCE Red Gold 2.5z cup 05250 BROCCOLI 1/2 C chill ripe 31335	7 3	DINNER ROLL Calise 1263 35gms	16	ORANGE 1 whole/ fresh	11	CHOCOLATE STRAWBERRY WHITE 8oz	22 22 13
THURS	YOGURT strwb/banana 4z 30524 CHEESE STICK 1Z USDA	19 1	BABY CARROTS 1/2c MANGO JUICE 4z 32702	6 13	PRETZEL GOLDFISH 11898 .75Z	16	CRAISINS 01375 32.9g	27	CHOCOLATE STRAWBERRY WHITE 8oz	22 22 13
FRI	PIZZA 1slice THE Max 41976	34	GREEN BEANS Chill ripe 31130 2/3 c	5	(INCLUDED IN PIZZA)		APPLE 1 whole/fresh 125ct	8	CHOCOLATE STRAWBERRY WHITE 8oz	22 22 13