

This is only a guide and the carbohydrate numbers presented are best estimates at the time of menu publication and may vary depending on availability, manufacturing changes, product reformulation and self serve size.

For questions please call the Food Service Department at 248-573-8925 or email: fleets@slcs.us

Elementary Lunch Menu Item List/Carbs February - June 2018

Week 1 - Purple					Week 3 - Pink				
Day	Item	Item #	Port. Size	Carb (g)	Day	Item	Item #	Port. Siz	Carb (g)
Mon	Chicken Fryz	283562	8	16	Mon	Chicken Nuggets	281831	5	13
	Wild Mikes Cheesy Bites	116933	4	28		Wild Mike's Cheesy Bites	116933	4	28
	Roll	751701	1	13		Roll	751701	1	13
	Parsley Potatoes	118591	.67 cup	14		Curly Fries	717490	3 oz	25
	Brownie	833812	1	24		Rice Krispies Treat	565002	1	9
Tues	Tacos - Turkey Filling	768230	3 oz	3	Tues	Rotini w/Sauce	229951/852759	1 cup	41/3
	Soft Shell	882700	1	19		Meatballs	785860	4	5
	Nacho Chips	163020	11	21		Garlic Toast	277862	1	11
	Cheese Sauce	135261	3 oz	4		Cheese Quesadilla	231771	1	40
	Refried Beans	293962	.5 cup	23	Wed	Sloppy Joe	564790	3.63 oz	10
Wed	Mac N Cheese	119122	1 cup	46		Bun	517810	1	25
	Fish Shapes	523291	4	22		Hot Dog	305286	1	1
	Roll	751701	1	13		Bun	517830	1	19
	Sorbet Swirl Slushie	602362/602382	1	18		Sorbet Swirl Slushie	602362/302382	1	17/18
Thur	Pancakes	617650	3	41	Thur	Pancakes	617650	3	41
	Sausage Links/Patty	352740/138941	0/2	0/2		Sausage Links/Patty	352740/138941	2/2	0/2
	Corn Dog	620220	1	30		Chicken Patty	558061	1	15
	Tater Tots	141510	2.5 oz (8)	16		Bun	517810	1	25
	Juice - Suncup	118930/118921	1	14/13		Tater Tots	141510	2.5 oz	16
	Juice	698391/698240	1 box	17		Juice	698391/698240	1 box	17
Fri	Pizza - Cooks Choice				Fri	Pizza - See Monday Week 1			
	Big Daddy - Cheese	236581	1 slice	34		Stuffed Cheese Breadstix	789310	2	32
	Big Daddy - Pep	498862	1 slice	34		Cheese Crunchers (March)	143271	4	40
	Stuffed Crust Cheese	198952	1 slice	38		Week 4 - Green			
	Stuffed Crust Pep	198941	1 slice	38	Mon	"Pick your Chicken"			
	French Bread Cheese	154321	1 slice	33		<i>choices may include</i>			
	French Bread Pep	154420	1 slice	33		Chicken Nuggets	281831	5	16
	Real Slice	437440	1 slice	32		Chicken Fryz	283562	8	16
	Stuffed Cheese Breadstix	789310	2	32		Popcorn Chicken	536620	10	20
	Cheese Crunchers(March)	143271	4	40		Chicken Drumstick	603391	1	5
	Week 2 - Blue					Chicken Tenders	533830	3	8
Mon	French Toast Sticks	652370	3	40.5		Bosco Sticks	787440	2	28
	French Toast Sticks	646222	3	23g		Seasoned Sweet Potatoes	538320	3 oz	22
	Sausage Links/Patty	352740/138941	2/2	0/2	Tues	Grilled Cheese - Bread	231053	2	40
	Bosco Sticks	787440	2	28		Cheese	150260	2	2
	Hash Brown Triangle	141520	1	13		Hamburger Patty	785850	1	2
Tues	Bread	231053	2	40		Bun	517810	1	25
	Cheese	150260	2	2		Baked Beans	520098	.5 cup	29
	Turkey (sliced)	244190	6 slices	0		Dill Pickle Spear	485594	1	0
	Cheese	150260	1	1		Heartzel Pretzels	893711	1 pkg	15
	Chicken Noodle Soup RS	514837	1 cup	13	Wed	Sliced Turkey	244190	6 sl	0
	Tomato Soup RS	514829	1 cup	21		Cheese	150260	1	1
	Chili	344012	1 cup	15		Bread	231053	2	40
	Doritos - Fun Size	158801	1 bag	9		EZ Jammer (nut free)	630302	1	28
Wed	Walking Taco Scoops	696871	1 bag	19		Cheez-its	282422	1 pkg	14
	Turkey Taco Filling	768230	3 oz	3		WG Chocolate Chip Cookie	243371	1	18
	Cheese Quesadilla	231771	1	40	Thur	French Toast Sticks	652370	3	40.5
	Reried Beans	293962	.5 cup	23		French Toast Sticks	646222	3	23
Thur	Dutch Waffle	607351	1	43		Sausage Links/Patty	352740/138941	2/2	0/2
	Chicken Tenders	533830	3	8		Bagel	230264	1	28
	Popcorn Chick Caesar Salad	536620	10	20		Sliced Ham	565891	6 slcs	1
	Parmesan Cheese	871380	1 TBSP	0		Cheese	150260	1	1
	WG Croutons <small>MAY CONTAIN TREE NUTS</small>	661022	1pkt	8		Hash Brown Triangle	141520	1	13
	Crackers	522150	2	14		Juice	698391/698240	1 box	17
	Caesar Dressing	776858	1 pkt	1	Fri	Pizza - See list on Week 1			
Fri	Pizza - See Friday Week 1					Sliders	861760	2/pkg	39
	Sliders	861760	2/pkg	39		Pasta Veggie Blend Pasta Only		.5 cup	20.75
	Pasta		.5 cup	20.75		veggies vary			

K - 8 Breakfast Menu Items/Carbs February - June 2018

Day	Item	Item #	Port Size	Carb (g)	Offered Daily	Port	Carb (g)
Mon	Cinnamon Bun	865440	1	38	Cheerios (Gluten Free)	264702	1 20
	Frudel - Apple	838340	1 pkg	36	Cinnamon Tst Crunch (RS)	365790	1 22
	Frudel - Cherry	838350	1 pkg	37	Cocoa Puffs (RS)	270401	1 25
	Dannon Danimals Yogurt		1	16	Fruity Cheerios (Gluten Free)	265803	1 25
	Muffin - Choc Chip	557991	1	32	Golden Grahams	509434	1 24
	Muffin - Blueberry	557970	1	31	Lucky Charms (Gluten Free)	265811	1 23
	Muffin - Apple Cinnamon	558011	1	30	Trix (RS)	265782	1 24
	Muffin - Banana	557981	1	31			
Tues	Blueberry Pancake Wrap	497182	1	18	WG Bagel	217911	1 28
	Apple Cinnamon Tx Toast	152504	1	45	Cream Cheese - Light	549762	1 1
Wed	Fruit Smoothie		8 oz	30-53	Fruit/Vegetable Carbs		
	Yogurt Parfait		6 oz		Apple Slices	473171	1 pk 7
Thurs	Breakfast Sandwich - Bagel	230264	1	28	Apple Slices - Gelardi		1 pk 8
	Egg Patty	663091	1	1	Applesauce Cups (all flavors)		1 22
	Sausage	138941	1	1	Applesauce (all flavors)		.5 cup 16
	Cheese			1	Banana (whole)		1 27
	Dannon Danimals Yogurt		1	16	Broccoli Cuts	285590	.5 cup 5
	Muffin - Choc chip	557991	1	32	Carrots	285750	.5 cup 7
	Muffin - Blueberry	557970	1	31	Carrot Packs GFS	613967	1 pk 2
	Muffin - Apple Cinnamon	558011	1	30	Carrot Pack - Gelardi		1 pk 12
	Muffin - Banana	557981	1	31	Celery Stix		.5 cup 2
					Corn	283730	.5 cup 21
					Cucumbers		.5 cup 1
					Grapes - Green		.5 cup 15
Fri	Eggo Mini Choc Chip Fr. Tst	498492	1 pkg	35	Grapes - Red		.5 cup 14
	Apple Cinn Texas Tst	152504	1 slice	45	Green Beans		.5 cup 6
					Lettuce - Romain Mix		1 cup 2
	FF White Milk		8 oz	11	Melon - Cantaloupe		.5 cup 14
	FF Chocolate Milk		8 oz	20	Melon- Honey Dew		.5 cup 14
	FF Strawberry Milk		8 oz	22	Orange (whole)		1 21
	Orange Juice - Sun Cup		4 oz	13	Orange (smiles)		.5 cup 10
	Apple Juice - Sun Cup		4 oz	13	Peas		.5 cup 11
	Totally Juice		4 oz	15	Peach Cup	232470	1 19
					Peppers - Green		.5 cup 4
	Canned Fruit				Peppers - Orange		.5 cup 4
	Mandarin Oranges	612448	.5 cup	14	Peppers - Red		.5 cup 4
	Pineapple	189952	.5 cup	18	Peppers - Yellow		.5 cup 4
	Peaches	610372	.5 cup	14	Strawberry cup	655010	1 22
	Mixed Fruit	258362	.5 cup	15	Tomatoes - Grape		.5 cup 4
	Tropical Fruit	614556	.5 cup	15	Watermelon		.5 cup 6
	Pears	610364	.5 cup	14	Apple - whole		21

Middle School Lunch Menu Items/Carbs February - June 2018

Week 1 - Purple				
Day	Item	Item #	Port. Size	Carb (g)
Mon	Chicken Fryz	283562	8	16
	Wild Mike's Cheesy Bites	116933	4	28
	Roll	751701	1	13
	Parsley Potatoes	118591	.67 cup	14
	Brownie	833812	1	24
Tues	Top N Go Nachos - Chips	865622	1 bag	28
	Turkey Taco Filling	768230	3 oz	3
	Tortilla (2-6" = 2 grain)	882690	2	30
	Jalapeno Cheese Sauce	521485	.25 cup	5
	Refried Beans	293962	.5 cup	23
Wed	Chicken Dippers	534684	4	4
	BBQ Sauce	734136	2 Tbsp	14
	Hot Dog	305286	1	1
	Hot Dog Bun	517830	1	19
	Coney Sauce	103063	.25 cup	6
	Sorbet Swirl Slushie	602362/602382	1	18
Thur	Honey Sriracha Chicken Bites	750892	6	14
	Dutch Waffle	607351	1-Jan	43
	Corn Dog	620220	1	30
	Tater Tots	141510	2.5 oz (8)	16
	Juice	698391/698240	1 box	17
Fri	Pizza - Cooks Choice			
	Big Daddy - Cheese	667772	1 slice	35
	Big Daddy - Pep	667802	1 slice	24
	Stuffed Crust Cheese	198952	1 slice	38
	Stuffed Crust Pep	198941	1 slice	38
	French Bread Cheese	154321	1 slice	33
	French Bread Pep	154420	1 slice	33
	Real Slice	437440	1 slice	32
	Cheese Stuffed Breadstix	789310	2	32
	Cheese Crunchers (March)	143271	4	40
Week 2 - Blue				
Mon	French Toast Sicks	652370	4	54
	French Toast Sticks	646222	4	31
	Sausage Links/Patty	352740/138941	2/2	0/2
	Bosco Sticks	235421	2	42
	Hash Brown Triangle	141520	1	40
Tues	Grilled Cheese - Bread	231053	2	40
	Cheese	150260	2	2
	Turkey (sliced)	244190	6 slices	0
	Cheese	150260	1	1
	Chix Noodle Soup - RS	514837	1 cup	13
	Tomato Soup - RS	514829	1 cup	21
	Chili	344012	1 cup	15
	Doritos - Fun Size	158801	1 bag	9
Wed	Walking Taco Scoop - Chips	698871	1 bag	19
	Turkey Taco Filling	768230	3 oz	3
	Cheese Quesadilla	231771	1	40
	Refried Beans	293962	.5 cup	23
Thur	Crispy Chicken - Regular	558061	1	15
	Chicken Patty Spicy	327080	1	17
	Bun	517810	1	25
	Chicken Caesar Salad	558061	1	15
	Parmesan Cheese	871380	1 Tbsp	0
	WG Croutons <small>may contain tree nuts</small>	661022	1 pkt	8
	Crackers	522150	2	14
	Caesar Dressing	776858	1 pkt	1
Fri	Pizza - See Friday Week 1			
	Hamburger - Bun	517810	1	25
	Hamburger Patty	785850	1	2
	Pasta		.5 cup	20.75

Week 3 - Pink				
Day	Item	Item #	Port. Size	Carb (g)
Mon	Chicken Nuggets	281831	5	13
	Wild Mike's Cheesy Bites	116933	4	28
	Roll	751701	1	13
Tues	Curly Fries	717490	3 oz	25
	Rice Krispies Treat	565002	1	9
	Rotini w/Sauce	229951/852759	1 cup	41/3
	Meatballs	785860	4	5
Wed	Garlic Toast	2778962	1	11
	Cheese Quesadilla	231771	1	40
	Sloppy Joe	564790	3.63 oz	10
	Bun	517810	1	25
	Hot Dog	305286	1	1
	Bun	517830	1	19
Thur	Coney Sauce	103063	.25 cup	16
	Sorbet Swirl Slushie			
	Pancakes	617650	3	41
	Sausage Links/Patty	352740/138941	2/2	0/2
	Chicken Sandwich Regular	558061	1	15
	Chicken Patty Spicy	327080	1	17
Fri	Tater Tots	141510	2.5 oz	16
	Juice	698391/698240	1 box	17/18
	Pizza - See Monday Week 1			
	Stuffed Breadstick	7893610	2	32
Mon	Cheese Crunchers (March)	143271	4	40
Week 4 - Green				
"Pick your Chicken"				
choices may include				
	Chicken Nuggets	281831	5	16
	Chicken Fryz	283562	8	16
	Popcorn Chicken	536620	10	20
	Chicken Drumstick	603391	2	10
	Chicken Tenders	533830	3	8
	Roll	751701	1	13
Tues	Bosco Sticks	235421	2	42
	Seasoned Sweet Potatoes	538320	3 oz	22
	Grilled Cheese - Bread	231053	2	40
	Cheese	150260	2	2
	Hamburger Patty	785850	1	2
	Bun	517810	1	25
	Baked Beans	520098	.5 cup	29
	Dill Pickle Spear	485594	1	0
Wed	Heartzel Pretzels	893711	1 pkg	15
	Sliced Turkey	244190	6 slices	0
	Cheese	150260	1	1
	Bread	231053	2	40
	EZ Jammers (nut free)	661222	1	55
Thur	Cheez-its	282422	1 pkg	14
	WG Chocolate Chip Cookie	243371	1	18
	French Toast Sticks	652370	4	54
	French Toast Sticks	646222	4	31
	Sausage Links/Patty	352740/138941	2/2	0/2
	Sliced Ham	565891	6 slices	1
	Pretzel Roll	500162	1	29
Fri	Cheese	150260	1	1
	Hash Brown Triangle	141520	1	13
	Pizza - See list on Week 1			
	Hamburger Patty	785850	1	2
	Bun	517810	1	25

High School Menu Items/Carb Info

Week 1 - Purple				
Day	Item	Item #	Port. Size	Carb (g)
Mon	Chicken Fryz	283562	8	16
	Wild Mike's Cheesy Bites	116933	4	28
	Roll	751701	1	13
	Parsley Potatoes	118591	.67 cup	14
	Brownie	833812	1	24
Tues	Top N Go Nachos - Chips	865622	1 bag	28
	Turkey Taco Filling	768230	3 oz	3
	Tortilla (2-6" = 2 grain)	605922/674891	1	35
	Jalapeno Cheese Sauce	521485	.25 cup	5
	Cheese Pizza Quesadilla	231771	1	40
	Refried Beans	293962	.5 cup	23
Wed	Chicken Dippers	534684	4	4
	BBQ Sauce	734136	2 Tbsp	14
	Mac N Cheese	119122	1 cup	46
	Roll	751701	1	13
	Sorbet Swirl Slushie	602362/602382	1	17/18
Thur	Honey Sriracha Chicken Bites	750892	6	14
	Dutch Waffle	607351	1-Jan	43
	Cheese Crunchers (March)	143271	4	40
	Cheese Stuffed Breadstix	789310	2	32
	Juice	698391/698240	1 box	17
Fri	Pizza - Cooks Choice			
	Big Daddy - Cheese	667772	1 slice	35
	Big Daddy - Pep	667802	1 slice	24
	Stuffed Crust Cheese	198952	1 slice	38
	Stuffed Crust Pep	198941	1 slice	38
	French Bread Cheese	154321	1 slice	33
	French Bread Pep	154420	1 slice	33
	Real Slice	437440	1 slice	32
	Corn Dog	620220	1	30
Week 2 - Blue				
Mon	French Toast Sicks	652370	4	54
	French Toast Sticks	646222	4	31
	Sausage Links/Patty	352740/138941	2-Feb	0/2
	Bosco Sticks	235421	2	42
	Hash Brown Triangle	141520	1	40
Tues	Grilled Cheese - Bread	231053	2	40
	Cheese	150260	2	2
	Turkey (sliced)	244190	6 slices	0
	Cheese	150260	1	1
	Chix Noodle Soup - RS	514837	1 cup	13
	Tomato Soup - RS	514829	1 cup	21
	Chili	344012	1 cup	15
	Doritos - Fun Size	158801	1 bag	9
Wed	Sloppy Joe	564790	3.63 oz	10
	Bun	517810	1	25
	Hot Dog	305286	1	1
	Bun	517830	1	19
	Sorbet Swirl Slushie	602362/602382	1	17/18
Thur	Crispy Chicken - Regular	558061	1	15
	Chicken Patty Spicy	327080	1	17
	Bun	517810	1	25
	Chicken Caesar Salad	558061	1	15
	Parmesan Cheese	871380	1 Tbsp	0
	WG Croutons <small>may contain tree nuts</small>	150260	1 pkt	8
	Crackers	522150	2	14
	Caesar Dressing	776858	1 pkt	1
Fri	Pizza - See Friday Week 1			
	Sliders	861760	2/pkg	39
	Pasta		.5 cup	20.75

	Pasta Veggie Blend - veggies vary		0.5	20.75
Week 3 - Pink				
Day	Item	Item #	Port. Size	Carb (g)
Mon	Chicken Nuggets	281831	5	13
	Wild Mike's Cheesy Bites	116933	4	28
	Roll	751701	1	13
Tues	Curly Fries	717490	3 oz	25
	Rice Krispies Treat	565002	1	9
	Rotini w/Sauce	229951/852759	1 cup	41/3
	Meatballs	785860	4	5
Wed	Garlic Toast	2778962	1	11
	Cheese Pizza - See list		1	
	Walking Taco Scoops - Chips	698871	1 bag	19
	Turkey Taco Filling	768230	3 oz	3
Thur	Cheese Quesadilla	231771	1	40
	Refried Beans	293962	.5 cup	23
	Pancakes	617650	3	41
	Sausage Links/Patty	352740/138941	2/2	0/2
	Chicken Sandwich Regular	558061	1	15
	Chicken Patty Spicy	327080	1	17
Fri	Tater Tots	141510	2.5 oz	16
	Juice	698391/698240	1 box	17/18
	Pizza - See Monday Week 1			
	Stuffed Breadstick	7893610	2	32
Mon	Cheese Crunchers (March)	143271	4	40
Week 4 - Green				
	"Pick your Chicken"			
	choices may include			
	Chicken Nuggets	281831	5	16
	Chicken Fryz	283562	8	16
	Popcorn Chicken	536620	10	20
	Chicken Drumstick	603391	2	10
	Chicken Tenders	533830	3	8
	Roll	751701	1	13
Tues	Bosco Sticks	235421	2	42
	Seasoned Sweet Potatoes	538320	3 oz	22
	Grilled Cheese - Bread	231053	2	40
	Cheese	150260	2	2
	Hamburger Patty	785850	1	2
	Bun	517810	1	25
	Baked Beans	520098	.5 cup	29
	Dill Pickle Spear	485594	1	0
Wed	Heartzel Pretzels	893711	1 pkg	15
	Sliced Turkey	244190	6 slices	0
	Cheese	150260	1	1
	Bread	231053	2	40
	EZ Jammers (nut free)	661222	1	55
Thur	Cheez-its	282422	1 pkg	14
	WG Chocolate Chip Cookie	243371	1	18
	Lasagna Roll-Up	617650	1	29
	Breadstick	152211	1	17
	Sliced Ham	565891	6 slices	1
Fri	Pretzel Roll	500162	1	29
	Cheese	150260	1	1
	Pizza - See list on Week 1			
	Sliders	861760	2/pkg	39
	Pasta Veggie Blend - pasta only veggies vary		.5 cup	20.75

--	--	--	--