

**APRIL 2019
MONDAY**

**WITH CARB GRAMS PER SVG
TUESDAY**

**DUPLIN COUNTY SCHOOLS
THURSDAY**

FRIDAY

<p>1 BBQ Sandwich(29g) Fish Sandwich(41g) Baked Beans(36g) Cole Slaw(10g) Strawberry Cup(21g)</p> <p>Chicken Biscuit(31g) Strawberry Cup or Juice</p>	<p>2 Vegetable Soup(19g) Grilled Cheese Sandwich(30g) Peanut Butter & Jelly Sand(64g) Fresh Carrot Cup(6g) Peach Cup(15g)</p> <p>Breakfast Muffin(44g) Peach Cup or Juice</p>	<p>3 Cheeseburger(27g) Sweet Potato Crinkle Fries(17g) Green Beans(5g) Applesauce Cup(15g) Fresh Orange Wedges(19g)</p> <p>French Toast Sticks(40g) Fresh Orange Wedges or Juice</p>	<p>4 Chicken Sandwich(35g) Glazed Sweet Potatoes(32g) Seasoned Collard Greens(9g) Strawberry Cup(21g)</p> <p>Breakfast Pizza(21g) Strawberry Cup or Juice</p>	<p>5 Pepperoni Pizza(36g) Whole Kernel Corn(22g) Tossed Side Salad(6g) Peach Cup(15g) Fresh Apple Wedges(22g)</p> <p>Sausage Biscuit(23g) Fresh Apple Wedges or Juice</p>
<p>8 Hot Dog(26g) w/Chili(2g) Cole Slaw(10g) Sweet Potato Wedges(30g) Strawberry Cup(21g)</p> <p>Breakfast Cinnamon Bun(30g) Strawberry Cup or Juice</p>	<p>9 Spaghetti w/Meat Sauce(39g), Roll(24g) Cheesy Breadstick/Marinara(37g) Green Beans(5g) Glazed Sweet Potatoes(32g) Peach Cup(15g) Fresh Orange Wedges(19g) Pop Tarts(78g) Fresh Orange Wedges or Juice</p>	<p>10 Popcorn Chicken(17g) w/Roll(24g) Broccoli with Cheese Sauce(5g) Mashed Potatoes(18g) Applesauce Cup(15g)</p> <p>Pancake & Sausage Sand(23g) Applesauce Cup or Juice</p>	<p>11 Spicy Chicken Chunks(14g) Rice(25g) & Roll(24g) Steamed Cabbage(5g) Blackeyed Peas(15g) Peach Cup(15g) Fresh Apple Wedges(22g)</p> <p>Banana Bread Slice(44g) Fresh Apple Wedges or Juice</p>	<p>12 Pepperoni Pizza(36g) Tossed Side Salad(6g) Whole Kernel Corn(22g) Applesauce Cup(15g)</p> <p>Pancake Minis(40g) Applesauce Cup or Juice</p>
<p>15 Chicken Nuggets(16g) w/Roll(24g) Broccoli with Cheese Sauce(5g) Mashed Potatoes(18g) Peach Cup(15g) Fresh Apple Wedges(22g)</p> <p>Breakfast Burrito(17g) Fresh Apple Wedges or Juice</p>	<p>16 Fish Sticks(20g) Hushpuppies(18g) Corn Dog(31g) Baked Beans(36g) Glazed Sweet Potatoes(32g) Applesauce Cup(15g) Fresh Orange Wedges(19g) Pancake Sausage Stick(23g) Fresh Orange Wedges or Juice</p>	<p>17 Chicken Sandwich(35g) Green Peas(10g) Sweet Potato Crinkle Fries(17g) Strawberry Cup(21g)</p> <p>Breakfast Pizza(21g) Strawberry Cup or Juice</p>	<p>18 Pepperoni Pizza(36g) Whole Kernel Corn(22g) Tossed Side Salad(6g) Peach Cup(15g)</p> <p>Pop Tarts(78g) Peach Cup or Juice</p>	<p>19 HOLIDAY</p>
<p>22 SPRING BREAK</p>	<p>23 SPRING BREAK</p>	<p>24 SPRING BREAK</p>	<p>25 SPRING BREAK</p>	<p>26 SPRING BREAK</p>
<p>29 Popcorn Chicken(17g) w/Roll(24g) Broccoli w/Cheese Sauce(5g) Mashed Potatoes(18g) Applesauce Cup(15g)</p> <p>Sausage Biscuit(23g) Applesauce Cup or Juice</p>	<p>30 BBQ Chicken(0g) w/Roll(24g) Glazed Sweet Potatoes(32g) Seasoned Collard Greens(9g) Strawberry Cup(21g)</p> <p>Breakfast Pizza(21g) Strawberry Cup or Juice</p>	<p><u>Available Daily As Additional Choices:</u> Breakfast Cereal Variety(16g-24g, info on pkg), Fruit Juice Variety(17g), Peanut Butter & Jelly Sandwich(K-8)(66.0g), Pizza(9-12)(29-36g) Choice of 1% Plain(12g), Skim Chocolate(24g), or Skim Plain Milk(11.0g) Disclaimer: "All nutrition information is obtained from manufacturer's product labels and is accurate to the best of our knowledge." <u>Menu Subject to Change Due To Item Availability</u></p>		