

## Brownsville Independent School District Food and Nutrition Service Department

### Controlled CHO Diet - Elementary Lunch Menu

(Please arrange as close to your scheduled menu, this is a guideline of Carbohydrates in the menu)

Avg. Canned Fruit = 22.16gm, Small Apple = 21gm, Small Orange = 11gm, Ham & Cheese Sandwich = 26.0gm, 8oz Milk = 12gm, Chicken Bacon, & Cheese Wrap = 28.05gm, Anytimers = 40.0gm

#### WEEK 1:

##### MONDAY

Corn Dog = 31.0gm  
Tater Tots = 17.01gm  
Burger Salad = 3.26gm

##### TUESDAY

Chicken Nuggets = 22.0gm  
Dinner Roll = 15.95gm  
Broccoli = 4.57gm  
Ranch Style Beans =  
21.0gm

##### WEDNESDAY

Cheeseburger = 28.86gm  
Tater Tots = 17.01gm  
Burger Salad = 3.26gm  
Smoothie = 23gm

##### THURSDAY

Bean & Cheese Burrito =  
43gm  
Green Beans = 6gm  
Taco Salad = 3.04gm

##### FRIDAY

Wedge Pizza = 29gm  
Carrots Coins = 8.0gm  
Golden Corn = 18.25gm  
Apple Crisp = 50.67gm

#### WEEK 2:

##### MONDAY

Cheeseburger = 28.86gm  
Tater Tots = 17.01gm  
Green Beans = 6gm  
Smoothie = 23gm

##### TUESDAY

Pizza Crunchers =  
45.62gm  
Marinara Cup = 6.99gm  
Broccoli = 4.57gm  
Carrots Coins = 8.0gm  
Pineapple Dessert =  
38.59gm

##### WEDNESDAY

Spaghetti & Meatballs =  
41.6gm  
Breadstick = 17.0gm  
Green Beans = 6gm  
Golden Corn = 18.25gm

##### THURSDAY

Crispy Chicken Taco =  
24.3gm  
Refried Beans = 21.06gm  
Taco Salad = 3.04gm

##### FRIDAY

Personal Pizza = 32.6gm  
Baby Carrots = 6.8gm  
Garden Salad = 3.26gm

#### WEEK 3:

##### MONDAY

No School

##### TUESDAY

Popcorn Chicken = 13.0gm  
Dinner Roll = 15.95gm  
Broccoli = 4.57gm  
Ranch Style Beans =  
21.0gm

##### WEDNESDAY

Spaghetti & Meatballs =  
41.6gm  
Breadstick = 17.0gm  
California Blend = 4.6gm  
Garden Salad = 3.26gm

##### THURSDAY

Chicken Strips = 15.00gm  
Macaroni & Cheese =  
20.74gm  
Green Beans = 6.03gm  
Mashed Potatoes =  
14.60gm

##### FRIDAY

Square Pizza = 29.5gm  
Baby Carrots = 6.8gm  
Golden Corn = 18.25gm

\*\*\*If you have a Question on any product or anything else, please contact your supervisor or a Department dietitian\*\*\*

**Brownsville Independent School District Food and Nutrition Service Department**

**Controlled CHO Diet - Elementary Breakfast Menu**

(Please arrange as close to your scheduled menu, this is a guideline of Carbohydrates in the menu)

8oz Milk = 12.0gm, Small Apple = 21gm, Small Orange = 11gm, Juice Orange 4oz = 7.8gm, Jelly Mixed Fruit = 7.0gm, Syrup = 30.37gm, Tamales = 22.3gm, Biscuit and Sausage = 32.5gm, Chocolate Muffin = 40.0gm, Taco Ham and Egg = 14.0gm, Taco Bacon and Egg = 19.5gm

**WEEK 1:**

**MONDAY**

Assorted Cereal =  
47.35gm

**TUESDAY**

French Toast Sticks =  
33.08gm

**WEDNESDAY**

Ham and Egg Taco =  
14.0gm

**THURSDAY**

Tamales = 22.28gm

**FRIDAY**

Kolache = 17.0gm

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