

Early Release/Sack Lunch Menu

Below are some of the menu items that may be offered as part of a sack lunch on an Early Release Day. Please note that menu items served may differ due to product availability.

Cold Entrée Options:

Turkey & Cheese Sandwich *(33 g carbs, Allergens: Wheat, Milk)*

Ham & Cheese Sandwich *(33 g carbs, Allergens: Wheat, Milk)*

Sunbutter & Jelly Sandwich *(70 g carbs, Allergens: Wheat)*

Hot Entrée Options:

Corn Dog *(25 g carbs, Allergens: Wheat, Egg, Milk, Soy)*

Grilled Cheese *(33 g carbs, Allergens: Wheat, Milk)*

Fruit and Veggie Side Options:

Fresh Whole Fruit *(Apple- 17 g, Orange- 12 g, Banana- 24 g carbs)*

Craisins *(27 g carbs)*

Applesauce Cup *(14 g carbs)*

Juice *(Fruit- 14 g, Orange- 12 g, Apple- 14 g carbs)*

Baby Carrots *(3/4 cup, 9 g carbs)*

Baby Carrots and Celery *(1 cup, 8 g carbs)*

Milk

1% White Milk *(13 g carbs, Allergens: Milk)*

Skim Chocolate Milk *(20 g carbs, Allergens: Milk)*

Extras:

Sugar, Chocolate Chip, or Carnival Cookie *(18 g carbs, Allergens: Wheat, Egg, Milk, Soy)*