

Early Release & Sack Lunch Menu

Hot Lunch Choices

Corn Dog
Grilled Cheese

OR

Cold Lunch Choices

Turkey or Ham & Cheese Sandwich
SunButter & Jelly Sandwich

Vegetable Side

Baby Carrots

Fruit Side Choices

Craisins
Whole Fruit (Apple, Orange or Banana)
100% Fruit Juice

Milk Choices

1% White Milk
Skim Chocolate Milk

Carbohydrate Count:

Corn Dog: 30g
Grilled Cheese: 32.5g
Turkey/Ham & Cheese: 33g
SunButter & Jelly: 70g
Baby Carrots (3/4 cup): 9g
Craisins: 28g
Apple: 8g; Orange: 12g; Banana: 24g
White Milk: 13g
Chocolate Milk: 20g

**Check with your campus to see whether a hot or cold sack lunch was chosen*

**Menu is subject to change*

This institution is an equal opportunity provider.

