# MAY 2021 CARB COUNTER MENU

**RCSD Grades 6-12**

## Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Paid</strong></td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td></td>
<td>Reduced</td>
<td>Reduced</td>
</tr>
<tr>
<td></td>
<td>No Charge</td>
<td>No Charge</td>
</tr>
</tbody>
</table>

**Hudson Valley Fresh Milk**

- $0.60

---

### Breakfast

**Choose a Breakfast**

- Cereal 20, Pears 16, Milk 13
- Yogurt 19, Graham Crackers 24, Peaches 16, Milk 13/24
- Blueberry Muffin 26, Applesauce 25, Milk 13

### Breakfast Components

- Grain 1 oz
- Fruit 1/2 Cup
- Milk 8 oz

### Alternate Entrée Sandwich

**Offered Daily:**
- M—Cheese Sandwich 26
- T—Turkey Cheese Wrap 33
- W—Buffalo Chicken Wrap 33
- Th—Turkey Sandwich 26
- F—Egg Salad 28

### Specialty Salad Entrée

**Offered Daily:**
- M—Garden Salad w/Beans 21
- T—Turkey Cranberry Salad 26
- W—Chop Chicken/Cheese Salad 28
- Th—Chef Salad 11
- F—Chicken Caesar 25

### Lunch

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Choose a Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Lunch Components

- Five Components
- Offered Daily:
  - Proteins 2 oz
  - Whole Grains 2 oz
  - Fruits 1/2 cup
  - Vegetables 1/2 cup
  - Milk 8 oz

### Milk

- **8 oz**
  - F/F Chocolate 24
  - F/F Strawberry 24
  - F/F White 13
  - 1% 13

### 1 oz Cereal Bowls

- Cheerios 20
- Chex 27
- Kix 15
- Raisin Bran 27

### Juice

- **4 oz**
  - Apple 13
  - Grape 19
  - Orange 13
  - Cranberry 14

### Fresh Fruit

- **1/2 cup**
  - Apple 25
  - Banana 27
  - Orange 15
  - Strawberry 6

- Grapes 8

- Peanut Butter/Jelly 35
- American Cheese 33
- Sandwich