

Carb Count Menus can be found by clicking “View School Menus” Link that can be found at the top of our web page.

~ Please see instructions for printing below

CARB COUNT MENU PRINTING INSTRUCTIONS

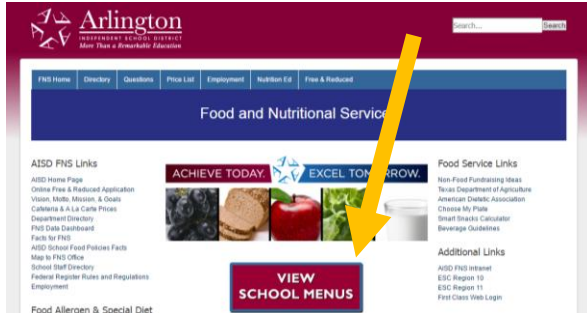
Printing the current AISD breakfast & lunch menus with the carbohydrate counts included.

Step 1:

Go to the AISD Food & Nutrition Services website located at <http://w2.aisd.net/aisd/fns>

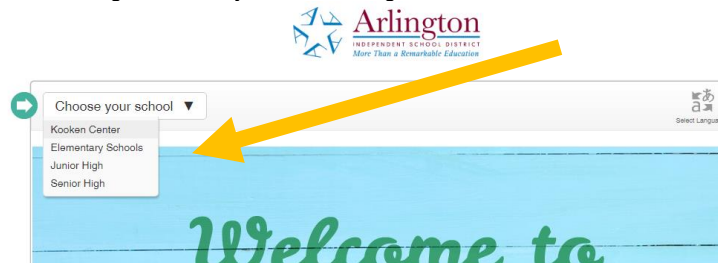
Step 2:

Click on the “View School Menu” link



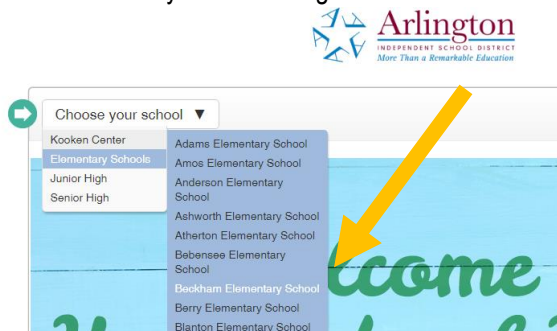
Step 3:

Select the grade level you are looking for



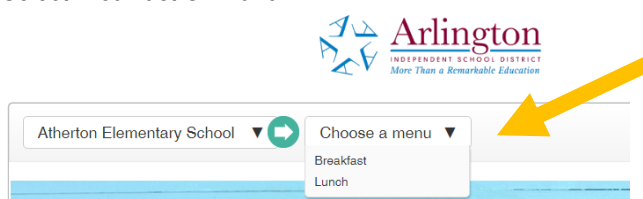
Step 4:

Select the school you are looking for



Step 5:

Select Breakfast OR Lunch



Step 6:

Choose which month that you would like to view



Atherton Elementary School

May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken w/ Seasoned Rice	2 Chicken Alfredo	3 Chef Salad	4 Breaded Chicken Sandwich	5 Sloppy Joe Sandwich

Buttons: Filter Special Diets, View carb counts, Breakfast Prices, Lunch Prices

Step 7:

Click on the "Print Menu" icon on the top right



Atherton Elementary School

May 2017

Buttons: Print Menu, Select Languages, Filter Special Diets, View carb counts

Step 8:

Switch the "Add Carb Counts" option ON

Atherton Elementary School

May 2017

Breakfast Prices Student: \$1.25 Reduced: \$0.30
Lunch Prices Student: \$2.55 Reduced: \$0.40 Adult: \$3.45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • Orange Chicken (37g) w/ Seasoned Rice (22g) • Wheat Roll (27g) • Cheese Stuffed Breadsticks (30g) • Steamed Broccoli (4g) • Crinkle Cut Carrots (2g) • Marinara (4g) • Sliced Peaches (22g) • Assorted Fruit Juice • Milk Choices	2 • Chicken Alfredo (36g) • Garlic Texas Toast (22g) • Hamburger (31g) • Cheeseburger (32g) • Oven Fries (17g) • Mixed Vegetables (12g) • Sandwich Fritas (1g) • Seasonal Fruit • Milk Choices	3 • Chef Salad (9g) • Popcorn Chicken (14g) • Wheat Roll (27g) • Beef Enchiladas (40g) • w/ Spanish Rice (17g) • Refried Beans w/ Cheese (32g) • Corn (27g) • Mandarin Oranges (20g) • Assorted Fruit Juice • Milk Choices	4 • Breaded Chicken Sandwich (45g) • Baked Ziti (31g) • Garlic Wheat Roll (27g) • California Blend (5g) • Green Beans (4g) • Seasonal Fruit • Assorted Fruit Juice • Milk Choices	5 • Sloppy Joe Sandwich (36g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Baby Carrots (6g) • Tator Tots (19g) • Marinara (4g) • Peas (26g) • Assorted Fruit Juice • Milk Choices
6 • Oven Crispy Chicken (5g) • Steak Fingers (16g) • Biscuit (28g) • Mashed Potatoes (15g) w/ Gravy (4g)	7 • Taco Snack (30g) • Hamburger (31g) • Cheeseburger (32g) • Oven Fries (17g) • Broccoli (4g)	8 • Southwest Bowl (38g) • w/ Spanish Rice (17g) • Chicken Tenders (14g) • Biscuit (28g) • Black Beans (18g) Corn (27g)	9 • Turkey Tetrazzini (31g) • Beef & Cheese Nachos (39g) • Tossed Salad (1g) • Winter Blend (4g)	10 • Fish Nuggets (17g) • Wheat Roll (27g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Green Beans (4g)

Print Options (Optional)
Add Carb Counts ON
Save Ink

Step 9:

Once the Carb Counts are on the menu print this page

Atherton Elementary School

May 2017

Breakfast Prices Student: \$1.25 Reduced: \$0.30
Lunch Prices Student: \$2.55 Reduced: \$0.40 Adult: \$3.45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • Orange Chicken (37g) w/ Seasoned Rice (22g) • Wheat Roll (27g) • Cheese Stuffed Breadsticks (30g) • Steamed Broccoli (4g) • Crinkle Cut Carrots (2g) • Marinara (4g) • Sliced Peaches (22g) • Assorted Fruit Juice • Milk Choices	2 • Chicken Alfredo (36g) • Garlic Texas Toast (22g) • Hamburger (31g) • Cheeseburger (32g) • Oven Fries (17g) • Mixed Vegetables (12g) • Sandwich Fritas (1g) • Seasonal Fruit • Milk Choices	3 • Chef Salad (9g) • Popcorn Chicken (14g) • Wheat Roll (27g) • Beef Enchiladas (40g) • w/ Spanish Rice (17g) • Refried Beans w/ Cheese (32g) • Corn (27g) • Mandarin Oranges (20g) • Assorted Fruit Juice • Milk Choices	4 • Breaded Chicken Sandwich (45g) • Baked Ziti (31g) • Garlic Wheat Roll (27g) • California Blend (5g) • Green Beans (4g) • Seasonal Fruit • Assorted Fruit Juice • Milk Choices	5 • Sloppy Joe Sandwich (36g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Baby Carrots (6g) • Tator Tots (19g) • Marinara (4g) • Peas (26g) • Assorted Fruit Juice • Milk Choices
6 • Oven Crispy Chicken (5g) • Steak Fingers (16g) • Biscuit (28g) • Mashed Potatoes (15g) w/ Gravy (4g) • Mixed Vegetables (12g) • Pineapple Tablts (20g) • Assorted Fruit Juice • Milk Choices	7 • Taco Snack (30g) • Hamburger (31g) • Cheeseburger (32g) • Oven Fries (17g) • Sandwich Fritas (1g) • Seasonal Fruit • Milk Choices	8 • Southwest Bowl (38g) • w/ Spanish Rice (17g) • Chicken Tenders (14g) • Biscuit (28g) • Black Bean (18g) Corn (27g) • Salsa (3g) • Applesauce Canned (15g) • Assorted Fruit Juice • Milk Choices	9 • Turkey Tetrazzini (31g) • Beef & Cheese Nachos (39g) • Tossed Salad (1g) • Winter Blend (4g) • Salsa (3g) • Assorted Fruit Juice • Milk Choices	10 • Fish Nuggets (17g) • Wheat Roll (27g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Green Beans (4g) • Sweet Potato Fries (15g) • Marinara (4g) • Sliced Peaches (22g) • Assorted Fruit Juice • Milk Choices
11 • Orange Chicken (37g) w/ Seasoned Rice (22g) • Wheat Roll (27g) • Corn Bst (19g) • Sugar Snap Peas (7g) • Tator Tots (19g) • Mandarin Oranges (20g) • Assorted Fruit Juice • Milk Choices	12 • Mesquite Chicken (6g) • Hamburger (31g) • Cheeseburger (32g) • Sweet Potato Fries (15g) • Steamed Broccoli (4g) • Seasonal Fruit • Assorted Fruit Juice • Milk Choices	13 • Chicken Fajita Tacos (32g) • Cheese Stuffed Breadsticks (30g) • Corn & Black Bean Fritas (19g) • Salsa (3g) • Marinara (4g) • Seasonal Fruit • Assorted Fruit Juice • Milk Choices	14 • Chicken Tenders (14g) • Biscuit (28g) • Beef & Cheese Nachos (39g) • Pinto Beans (21g) • Seasonal Fruit • Assorted Fruit Juice • Milk Choices	15 • Spaghetti w/ Meat sauce (30g) • Wheat Roll (27g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Baby Carrots (6g) • Green Beans (4g) • Peas (26g) • Assorted Fruit Juice • Milk Choices
16 • Bean & Cheese Burrito (41g) • Mac 'n Cheese (31g) • Garlic Texas Toast (22g) • Crinkle Cut Carrots (2g) • Salsa (3g) • Sliced Peaches (22g) • Assorted Fruit Juice	17 • Beef Soft Tacos (31g) • Hamburger (31g) • Cheeseburger (32g) • Sweet Potato Fries (15g) • Refried Beans w/ Cheese (32g) • Sandwich Fritas (1g) • Salsa (3g) • Sliced Peaches (22g) • Assorted Fruit Juice	18 • Fiesta Salad (44g) w/ Spanish Rice (17g) • Chicken Fried Steak Sandwich (45g) • Pickles • Corn (27g) • Salsa (3g) • Sliced Peaches (22g) • Assorted Fruit Juice	19 • Cheese Quesadilla (32g) • Lasagna (37g) • Garlic Wheat Roll (27g) • Cucumber Slices (2g) • Green Beans (4g) • Salsa (3g) • Seasonal Fruit • Assorted Fruit Juice	20 • Fish Fillet Sandwich (42g) • Cheese Pizza (32g) • *Pepperoni Pizza (32g) • Tator Tots (19g) • Baked Beans (23g) • Marinara (4g) • Peas (26g) • Assorted Fruit Juice

Print Options (Optional)
Add Carb Counts ON
Save Ink

Buttons: Print this page, Select Language, Show special diets info