

Arlene's October 2024 K-8 Lunch Menu



<p><i>Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily. Salad entrée option every day, served with juice and milk</i></p>	<p>1 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>2 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 Bear Crackers 21 BBQ Sauce 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>3 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>4 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>7 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>8 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Beans (3/4l) 45 Graham Crackers (1wg) 11 BBQ Sauce 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>9 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Sliced Cucumbers (3/4o) 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>10 Spaghetti & Meatballs – 6 (2m, 1/4r); Roll (1wg) 30 WG Pasta (1/4wg) 30 Carrot Sticks (1/2r) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>11 No School</p>
<p>14 No School</p>	<p>15 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>16 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>17 Macaroni & Cheese (2m, 1wg) 31 Roll (1wg) 16 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>18 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>21 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>22 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Beans (3/4l) 44 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>23 WG Chicken Tenders - 3 & Waffles - 2 (2m, 3wg) 41 Sliced Cucumbers (3/4o) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>24 Meatball – 6 Sub (2m, 1/4r, 1.5wg) 35 Carrot Sticks (1/2r) 0 Goldfish Crackers 14 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>	<p>25 No School</p>
<p>28 Sloppy Joe & WG Bun (2m, 1.75wg, 1/8r) WG 32 Celery (3/4o) 7 Cheez-Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>29 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>30 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 Bear Crackers 21 BBQ Sauce 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>31 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>Chef, Taco, and Southwestern Salad Option every day.</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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