Arlene's October 2026 K-8 Lunch Menu

Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily.	*Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day. Salads are served with daily vegetable and fruit.*		1 **Spaghetti & Meatballs** Spaghetti Pasta (1/4c) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Watermelon (1/2c) 8 Choc/White Milk (1c) 19/13	2 **Turkey Pepperoni Pizza** Turkey Pep Pizza (2m/2wg) 33 Green Beans (3/4c) 7 Graham Crackers (0.5wg) 11 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
5 **Chicken Patty on WG Bun** WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	6 **Taco Tuesday** Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	7 **Pancakes & Sausage** Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	8 **Chicken Pasta Alfredo** Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 **No School**
12 **No School**	13 **No School**	14 **Orange Chicken w Rice** Popcorn Chkn (4o z=2m,1wg) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (1 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	15 **Baked Pasta & Meat Sauce** Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg)16 Carrot Sticks (1/2c) 0; Orange 8 Choc/White Milk (1c) 19/13	16 **Boneless Wings** Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
19 **Chicken Taquito** Chicken Taquito (1=2m,2wg) 24 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	20 **Chicken Patty on WG Bun** WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	21 **Pancakes & Sausage** Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	22 **Chicken Pasta Alfredo** Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	23 **Bosco Sticks** Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Cherry Veg Juice (1/2c) 13 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13
26 **Chicken Tenders** WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	27 **Cheesy Fiesta Burrito** Taco Meat, Rice & Cheese Burrito (2m/2g) 50 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	28 **Teriyaki Chicken w Rice** Popcorn Chkn (4o z=2m,1wg) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (1 tbsp) 4 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	29 **Baked Pasta & Meat Sauce** Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg)16 Carrot Sticks (1/2c) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	30 **Boneless Wings** Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13

MENU SUBJECT TO CHANGE
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER