



Arlene's August 2021 K-8 Breakfast Menu

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|---|---|--|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cinnamon Poptart (1.25 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Corn Smart Muffin (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Cinnamon Bun (2 wg) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c) | Banana Bread Slice (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Chocolate Roll (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) |
| <i>Sodium 330 Calories 470 Carbohydrates 99 Sugar 66</i> | <i>Sodium 255 Calories 425 Carbohydrates 74 Sugar 52</i> | <i>Sodium 390 Calories 445 Carbohydrates 72 Sugar 43</i> | <i>Sodium 360 Calories 475 Carbohydrates 81 Sugar 47</i> | <i>Sodium 430 Calories 465 Carbohydrates 79 Sugar 35</i> |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Fruit Cereal Bar (1 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Strawberry Pull Apart Bagel (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Cinnamon Bun (2 wg) Apple or Applesauce (1/2c) Juice (1/2c) Milk 1% or 0% (1c) | Blueberry Smart Muffin (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) | Cinnamon Pastry (2 wg) Apple or Applesauce 1/2c Juice (1/2c) Milk 1% or 0% (1c) |
| <i>Sodium 255 Calories 440 Carbohydrates 91 Sugar 46</i> | <i>Sodium 330 Calories 435 Carbohydrates 80 Sugar 35</i> | <i>Sodium 390 Calories 445 Carbohydrates 72 Sugar 43</i> | <i>Sodium 360 Calories 475 Carbohydrates 81 Sugar 47</i> | <i>Sodium 430 Calories 465 Carbohydrates 79 Sugar 35</i> |

Sugar total based on 1% white milk. Add 11g for 0% chocolate milk

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

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: [202-690-7442](tel:202-690-7442); or
- (3) email: program.intake@usda.gov



Arlene's August 2021 K-8 Lunch Menu

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|---|--|--|--|--|
| 2 Meatball Sub & WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing WG Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i> | 3 WG BBQ Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=98 so=1171</i> | 4 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Broccoli (3/4g) WG Chips 1wg Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=104 so=1187</i> | 5 Salisbury Steak & Gravy (2m) Mashed Potatoes (3/4s) Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 516 cb=75 so=1204</i> | 6 Chili Cheese Wrap (2m, 2wg) Celery (3/4o) Ranch WG Nacho Chips (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=620 cb=102 so=1087</i> |
| 9 WG Chicken Nuggets (2m, 1wg) Corn (3/4s) Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 645 cb=85 so=709</i> | 10 Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i> | 11 Sliced Turkey, Cheese, & Lettuce on WG Bun (2m, 1.75wg, 1/4g) Mustard Baked Fries (1/2s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) <i>Ca=650 cb=70 so=1185</i> | 12 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg), Milk (1c) <i>ca= 635 cb=66 so=1035</i> | 13 Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r) Broccoli (3/4g) Cheez Its (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca= 603 cb=89 so=1199</i> |
| 16 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Corn on the Cobb (1/2s) Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 644 cb=84 so=1205</i> | 17 Crispy WG Chicken Tenders (2m, 1wg) BBQ Sauce WG Dinner Roll (1wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 605 cb=0 so=890</i> | 18 BBQ Beef Rib Sandwich & WG Bun (2m, 1.5wg) Corn (3/4s) WG Nacho Chips (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 625 cb=98 so=1171</i> | 19 Beef Hot Dog & WG Bun (2m, 1.5wg) Hash Brown (1/4s) Carrots Sticks (1/2r) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 630 cb=94 so=1127</i> | 20 Bosco Sticks -2 (1m, 2wg) Marinara (1/8r) Broccoli (3/4g) WG Cheez-its (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=640 cb=108 so=931</i> |
| 23 Chicken Corndog (2m, 2wg) Corn (3/4s) Cheez-its (1wg) Ketchup Whole Apple (1/2c) Milk (1c) <i>Ca=610 cb=109 so=836</i> | 24 Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i> | 25 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg), Milk (1c) <i>ca= 635 cb=66 so=1035</i> | 26 Tangy Chicken Patty & WG Bun (2m, 2.75wg) Celery Sticks (3/4o) Ranch WG Nacho Chips (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>Ca=650 cb=93 so=1178</i> | 27 Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r) Broccoli (3/4g) Cheez Its (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca= 603 cb=89 so=1199</i> |
| 30 Meatball Sub & WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing WG Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i> | 31 WG BBQ Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=98 so=1171</i> | <i>ca = calories grams cb = carbohydrates grams so = sodium mg</i> <i>Fat Free Chocolate Milk or 1% White Milk Offered</i> | <i>m = meat/protein wg = whole grain r = red/orange l = legume, o = other s = starchy, g = green</i> | Daily Cold Lunch Options: Chef Salad Taco Salad Southwestern Salad (veggie) Crispy Chicken Tender Wrap |

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