



# Arlene's May 2022 K-8 Lunch Menu

<p>2 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Green Beans (3/4o) 7 Nacho Chips (1wg) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19  ca= 602 so=831</p>	<p>3 Crispy WG Chicken Tenders (2m, 1wg) 16 Ketchup 3 Ranch 6 WG Sport Crackers (1wg) 20 Carrot Sticks (1r) 0 Whole Banana (1/2c) 18 Choc Milk (1c) 19 ca= 645 so=1055</p>	<p>4 BBQ Beef Rib &amp; WG Bun (2m, 1.5wg) 26 Ketchup 3 Baked Fries (3/4s) 21 Craisins (1/2c) 14 Choc Milk (1c) 19 ca=620 so=1130</p>	<p>5 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 19 Baked Beans (3/4l) 10 Cheez-Its (1wg) 14 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 ca= 600 so=931</p>	<p>6 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Broccoli (3/4g) 12 Bear Grahams (1wg) 21 Whole Apple (1/2c) 34 Choc Milk (1c) 19 ca=602 so=846</p>
<p>9 Chicken Corndog (2m, 2wg) 30 Ketchup 3 Corn (3/4s) 20 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 ca=640 so=806</p>	<p>10 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Pineapple (1/2c) 13 Choc Milk (1c) 19 ca= 645 so=661</p>	<p>11 Crispy Chicken Patty &amp; WG Bun (2m, 2.75wg) 42 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Ranch 6 Choc Milk (1c) 19 ca=610 so=1141</p>	<p>12 Meatballs &amp; Spaghetti (1.8m, 5 meatballs, 1/4r sauce) 12 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fruit Slushie (1/2c) 19 Roll (1wg) 16 Choc Milk 19 ca= 615 so=1039</p>	<p>13 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Fruit Slushie (1/2c) 19 Choc Milk (1c) 19 ca= 645 so=1160</p>
<p>16 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 19 Corn on Cob 6 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19 ca= 625 so=799</p>	<p>17 Crispy Chicken Patty &amp; WG Bun (2m, 2.75wg) 42 BBQ Sauce 3 Baked Beans (3/4l) 10 Whole Banana (1/2c) 18 Choc Milk (1c) 19 ca= 625 so=1171</p>	<p>18 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 29 Ketchup 3 Baked Fries (3/4s) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 ca=640 so=1185</p>	<p>19 Salisbury Steak &amp; Gravy (2m) 2 Mashed Potatoes (3/4s) 14 Dinner Roll (1wg) 16 Craisins (1/2c) 14 Choc Milk (1c) 19 ca= 606 so=1148</p>	<p>20 Crispy WG Chicken Tenders (2m, 1wg) 16 BBQ Sauce 3 Broccoli (3/4g) 12 Dinner Roll (1wg) 16 Whole Apple (1/2c) 34 Choc Milk (1c) 19 ca= 610 so=1220</p>
<p>23 Sloppy Joe (2m, 1/4r) WG 7 Bun (1.75wg) Corn (3/4s) 20 Cheez-its (1wg) 14 Whole Apple (1/2c) 34 Choc Milk (1c) 19 ca= 620 so=635</p>	<p>24 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Pineapple (1/2c) 13 Choc Milk (1c) 19 ca= 645 so=661</p>	<p>25 Crispy Chicken Patty &amp; WG Bun (2m, 2.75wg) 42 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Ranch 6 Choc Milk (1c) 19 ca=610 so=1141</p>	<p>26 Meatballs &amp; Spaghetti (1.8m, 5 meatballs, 1/4r sauce) 12 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Roll (1wg) 16 Choc Milk 19 ca= 635 so=1035</p>	<p>27 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Green Beans (3/4o) 7 Nacho Chips (1wg) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19 ca= 602 so=831</p>
<p>30  Memorial Day</p>	<p>31 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 29 Ketchup 3 Baked Fries (3/4s) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 ca=640 so=1185</p>	<p><i>Carbs are listed for each item in blue font. Fresh fruits and vegetables may vary each day due to ripeness and availability. Please check with your lunch server daily. White milk option 13 carbs.</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume, o = other s = starchy, g = green</i></p>	<p><i>ca = calories grams cb = carbohydrates grams so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i></p>

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

**"this institution is an equal opportunity provider"**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.