



Arlene's October 2022 K-8 Lunch Menu

<p>3 WG Chicken Tenders (2m, 1wg) 14 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 620 so=700</p>	<p>4 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161</p>	<p>5 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=602 so=1012</p>	<p>6 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985</p>	<p>7 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172</p>
<p>10 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca=610 so=836</p>	<p>11 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140</p>	<p>12 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125</p>	<p>13 Meatball Sub (2m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 622 so=1151</p>	<p>14 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810</p>
<p>17 Corn dog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>18 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161</p>	<p>19 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Baked Fries (3/4s) 27 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=755</p>	<p>20 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985</p>	<p>21 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172</p>
<p>24 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Green Beans (3/4o) 5 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 642 so=1102</p>	<p>25 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 20 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 625 so=830</p>	<p>26 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Baked Fries (3/4s) 27 Pineapple 13 Choc/White Milk (1c) 24/13 ca=615 so=1031</p>	<p>27 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (1/2l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 618 so=1180</p>	<p>28 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810</p>
<p>31 WG Chicken Tenders (2m, 1wg) 14 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 620 so=700</p>		<p><i>Chef, Taco, or Southwestern Salad entrée option every day, served with juice and milk</i></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.</i></p>	<p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>

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

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