

# Arlene's February 2024 K-8 Breakfast Menu



			1 Bagel & CC (1m, 2wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	2 Choc Chip Muffin (2wg) <b>26</b> Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>
5 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	6 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	7 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	8 Banana Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	9 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>
12 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	13 Choc Chip Muffin (2wg) <b>26</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	14 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	15 String Cheese & Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	16 Super Breakfast Ring (2wg) <b>29</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>
19 <b>President's Day</b>	20 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	21 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	22 Lemon Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	23 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>
26 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	27 Super Breakfast Ring (2wg) <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	28 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	29 Bagel & CC (1m, 2wg) <b>27</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b>	<i>Carbs listed for each item in blue font</i>

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

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# Arlene's February 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><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>		<p>1 WG Chicken Patty &amp; WG Bun (2m,2.75wg) <b>38</b> BBQ Sauce <b>5</b> Corn (3/4s) <b>21</b> Whole Apple (1/2c) <b>34</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>2 WG Pizza Sticks - 2 &amp; Marinara (2m, 2wg, 1/8r) <b>32</b> Broccoli (3/4g) <b>5</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>5 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) <b>22</b> Ketchup <b>3</b> Baked Fries (3/4l) <b>33</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>6 Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>27</b> Baked Beans (3/4l) <b>44</b> Ketchup <b>3</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>7 WG Chicken Tenders -3 &amp; Waffles -2 (2m, 3wg) <b>43</b> Celery Sticks (3/4o) <b>7</b> Syrup Cup <b>29</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>8 Spaghetti &amp; Meatballs – 6 (2m, 1/4r) <b>24</b> Roll (1wg) <b>30</b> WG Pasta (1/4wg) <b>1</b> Carrot Sticks (1/2r) <b>0</b> Orange (1/2c) <b>11</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>9 BBQ Beef Rib &amp; WG Bun (2m, 1.5wg) <b>33</b> Broccoli (3/4g) <b>5</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>12 Sloppy Joe &amp; WG Bun (2m, 1.75wg, 1/8r) <b>WG 32</b> Green Beans (3/4o) <b>5</b> WG Sport Crackers <b>19</b> Whole Apple (1/2c) <b>34</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>13 Taco Tuesday (1/2oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (3/4l) <b>36</b> Cheddar Cheese (1oz) <b>0</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>14 Beef Gyro (2m) <b>2</b> WG Pita Bread (2wg) <b>32</b> Tomatoes/Carrots (1/2r) <b>4</b> Cucumbers (1/4o) <b>1</b> Shredded Romain (1/2c) <b>2</b> Apple (1/2c) <b>34</b> Ranch <b>2</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>15 WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Baked Fries (3/4l) <b>33</b> Ketchup <b>3</b> BBQ Sauce <b>5</b> Fruit Slushy <b>23</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>16 WG Pizza Sticks - 2 &amp; Marinara (2m, 2wg, 1/8r) <b>32</b> Broccoli (3/4g) <b>5</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>19 <b>President's Day</b></p>	<p>20 Meatballs -6, Mashed Potatoes &amp; Gravy (2m,3/4s) <b>38</b> Dinner Roll (1wg) <b>30</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>21 WG Chicken Patty &amp; WG Bun (2m,2.75wg) <b>38</b> BBQ Sauce <b>5</b> Celery Sticks (3/4o) <b>7</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>22 Spaghetti &amp; Meatballs – 6 (2m, 1/4r) <b>24</b> Roll (1wg) <b>16</b> WG Pasta (1/4wg) <b>1</b> Carrot Sticks (1/2r) <b>0</b> Orange (1/2c) <b>11</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>23 Turk Pep Pizza (2m, 2wg) <b>33</b> Broccoli (3/4g) <b>5</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>26 Corndog (2m, 2wg) <b>30</b> Green Beans (3/4o) <b>5</b> Cheez-Its (1wg) <b>14</b> Ketchup <b>3</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>27 Taco Tuesday (1/2oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (3/4l) <b>36</b> Cheddar Cheese (1oz) <b>0</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>28 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) <b>29</b> Carrot Sticks (1/2r) <b>0</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>29 WG Chicken Patty &amp; WG Bun (2m,2.75wg) <b>38</b> BBQ Sauce <b>5</b> Corn (3/4s) <b>21</b> Whole Apple (1/2c) <b>34</b> Choc/White Milk (1c) <b>19/13</b></p>	

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