



Arlene's October 2021 K-8 Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i></p>			<p>1 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></p>
<p>4 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></p>	<p>5 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></p>	<p>6 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Fries (1/2s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) <i>ca=640 cb=70 so=1185</i></p>	<p>7 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></p>	<p>8 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></p>
<p>11 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></p>	<p>12 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></p>	<p>13 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></p>	<p>14 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></p>	<p>15 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) WG Cheez-its (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=620 cb=93 so=990</i></p>
<p>18 Chicken Corndog (2m, 2wg) Corn (3/4s) Bear Grahams (1wg) Ketchup Whole Apple (1/2c) Milk (1c) <i>ca=620 cb=116 so=781</i></p>	<p>19 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></p>	<p>20 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></p>	<p>21 Crispy Chicken Patty & WG Bun (2m, 2.75wg) Celery Sticks (3/4o) Ranch Fresh Cut Melon (1/2c) Milk (1c) <i>ca=600 cb=100 so=1027</i></p>	<p>22 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></p>
<p>25 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></p>	<p>26 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></p>	<p>27 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Fries (1/2s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) <i>ca=640 cb=70 so=1185</i></p>	<p>28 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></p>	<p>29 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></p>

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

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