



# Arlene's November 2021 K-8 Lunch Menu

|  |   |   |  |  |
|--|---|---|--|--|
| <p>1<br/>WG Chicken Nuggets (2m, 1wg)<br/>Corn (3/4s)<br/>Cheez-its (1wg)<br/>Whole Apple (1/2c)<br/>Milk (1c)<br/><i>ca= 645 cb=85 so=709</i></p>   | <p>2<br/>Taco Tuesday (.5m)<br/>WG Nacho Chips (1wg)<br/>Refried Beans (3/4l)<br/>Cheddar Cheese (1m)<br/>Pineapple (1/2c)<br/>Milk (1c)<br/><i>ca= 645 cb=118 so=676</i></p>       | <p>3<br/>Hamburger Patty &amp; WG Bun (2m, 1.75wg) Ketchup<br/>Baked Fries (3/4s)<br/>Fresh Cut Melon (1/2c)<br/>Ketchup, Milk (1c)<br/><i>ca=640 cb=70 so=1185</i></p>         | <p>4<br/>Meatballs &amp; Spaghetti (1.8m, 5 meatballs, 1/4r marinara)<br/>WG Pasta (1/4wg)<br/>Carrot Sticks (1/2r)<br/>Fresh Cut Pineapple (1/2c)<br/>WG Roll (1wg), Milk (1c)<br/><i>ca= 635 cb=66 so=1035</i></p> | <p>5<br/>Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r)<br/>Broccoli (3/4g)<br/>Cheez Its (1wg)<br/>Fresh Melon (1/2c)<br/>Milk (1c)<br/><i>ca= 603 cb=89 so=1199</i></p>        |
| <p>8<br/>Sloppy Joe (2m, 1/4r) WG Bun (1.75wg)<br/>Corn on the Cobb (1/2s)<br/>Cheez-its (1wg)<br/>Whole Apple (1/2c)<br/>Milk (1c)<br/><i>ca= 644 cb=84 so=1205</i></p>                                   | <p>9<br/>Crispy WG Chicken Tenders (2m, 1wg)<br/>BBQ Sauce<br/>WG Dinner Roll (1wg)<br/>Baked Beans (3/4l)<br/>Whole Banana (1/2c)<br/>Milk (1c)<br/><i>ca= 605 cb=0 so=890</i></p> | <p>10<br/>BBQ Beef Rib Sandwich &amp; WG Bun (2m, 1.5wg)<br/>Corn (3/4s)<br/>WG Nacho Chips (1wg)<br/>Fresh Pineapple (1/2c)<br/>Milk (1c)<br/><i>ca= 625 cb=98 so=1171</i></p> | <p>11<br/>Beef Hot Dog &amp; WG Bun (2m, 1.5wg)<br/>Hash Brown (1/4s)<br/>Carrots Sticks (1/2r)<br/>Fresh Cut Pineapple (1/2c)<br/>Milk (1c)<br/><i>ca= 630 cb=94 so=1127</i></p>                                    | <p>12<br/>WG Chicken Nuggets (2m, 1wg)<br/>Ketchup<br/>Broccoli (3/4g)<br/>WG Cheez-its (1wg)<br/>Whole Banana (1/2c)<br/>Milk (1c)<br/><i>ca=620 cb=93 so=990</i></p>       |
| <p>15<br/>Chicken Corndog (2m, 2wg)<br/>Corn (3/4s)<br/>Bear Grahams (1wg)<br/>Ketchup<br/>Whole Apple (1/2c)<br/>Milk (1c)<br/><i>ca=620 cb=116 so=781</i></p>  | <p>16<br/>Taco Tuesday (.5m)<br/>WG Nacho Chips (1wg)<br/>Refried Beans (3/4l)<br/>Cheddar Cheese (1m)<br/>Pineapple (1/2c)<br/>Milk (1c)<br/><i>ca= 645 cb=118 so=676</i></p>      | <p>17<br/>Crispy Chicken Patty &amp; WG Bun (2m, 2.75wg)<br/>Celery Sticks (3/4o) Ranch<br/>Fresh Cut Melon (1/2c)<br/>Milk (1c)<br/><i>ca=600 cb=100 so=1027</i></p>           | <p>18 <b>Thanksgiving Lunch</b><br/>Sliced Turkey &amp; Gravy (2m)<br/>Dinner Roll (1wg)<br/>Mashed Potatoes (3/4s)<br/>Pumpkin Treat<br/>Whole Apple (1/2c)<br/>Milk (1c)<br/><i>ca=650 cb=75 so=1204</i></p>       | <p>19<br/>Bosco Sticks -2 (1m, 2wg)<br/>Marinara (1/8r)<br/>Broccoli (3/4g)<br/>WG Cheez-its (1wg)<br/>Whole Banana (1/2c)<br/>Milk (1c)<br/><i>ca=640 cb=108 so=931</i></p> |
| <p>22<br/>Meatball Sub &amp; WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r)<br/>Carrot Sticks (1/2r)<br/>Ranch Dressing<br/>WG Cheez-its (1wg)<br/>Whole Apple (1/2c) Milk (1c)<br/><i>ca= 600 cb=75 so=1211</i></p> | <p>23<br/>WG BBQ Chicken Patty &amp; WG Bun (2m, 2.75wg)<br/>BBQ Sauce<br/>Baked Beans (3/4l)<br/>Whole Banana (1/2c)<br/>Milk (1c)<br/><i>ca= 625 cb=98 so=1171</i></p>            | <p>24<br/>Hamburger Patty &amp; WG Bun (2m, 1.75wg) Ketchup<br/>Baked Fries (3/4s)<br/>Fresh Cut Melon (1/2c)<br/>Ketchup, Milk (1c)<br/><i>ca=640 cb=70 so=1185</i></p>        | <p>25<br/>Thanksgiving Break</p>   | <p>26</p>  |
| <p>29<br/>WG Chicken Nuggets (2m, 1wg)<br/>Corn (3/4s)<br/>Cheez-its (1wg)<br/>Whole Apple (1/2c)<br/>Milk (1c)<br/><i>ca= 645 cb=85 so=709</i></p>  | <p>30<br/>Taco Tuesday (.5m)<br/>WG Nacho Chips (1wg)<br/>Refried Beans (3/4l)<br/>Cheddar Cheese (1m)<br/>Pineapple (1/2c)<br/>Milk (1c)<br/><i>ca= 645 cb=118 so=676</i></p>      |   | <p><i>ca = calories grams<br/>cb = carbohydrates grams<br/>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i></p>   | <p><i>m = meat/protein<br/>wg = whole grain<br/>r = red/orange<br/>l = legume, o = other<br/>s = starchy, g = green</i></p>  |

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

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