



# Arlene's May 2022 K-8 Lunch Menu

<p>2 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Corn &amp; Rice (3/4s) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19</p> <p>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</p> <p>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</p> <p>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</p> <p>ca= 600 so=931</p>	<p>6 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 603 so=1230</p>
<p>9 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 19 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 625 so=799</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</p> <p>ca= 645 so=661</p>	<p>11 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Ranch 6 Choc Milk (1c) 19</p> <p>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</p> <p>ca= 615 so=1039</p>	<p>13 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 603 so=1230</p>
<p>16 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 19 Corn on Cob (3/4s) 6 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 625 so=799</p>	<p>17 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19</p> <p>ca=640 so=806</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</p> <p>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</p> <p>ca= 606 so1148</p>	<p>20 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 603 so=1230</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</p> <p>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</p> <p>ca= 645 so=661</p>	<p>25 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Corn &amp; Rice (3/4s) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19</p> <p>ca= 602 so=831</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</p> <p>ca= 635 so=1035</p>	<p>27 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19</p> <p>ca= 603 so=1230</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</p> <p>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

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