



Arlene's September 2024 K-8 Lunch Menu

<p>2 Labor Day</p>	<p>3 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Peach (1/2c) 15 Choc/White Milk (1c) 19/13</p>	<p>4 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 22 Graham Pack (.5wg) 11 BBQ Sauce 5 Fruit Slushy (1/2c) 22 Choc/White Milk (1c) 19/13</p>	<p>5 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>6 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Graham Pack (.5wg) 11 Broccoli (1/2g) 5 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>
<p>9 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>10 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Beans (3/4l) 44 BBQ Sauce 5 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>11 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>12 Spaghetti & Meatballs – 6 (2m, 1/4r); Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fruit Slushy (1/2c) 22 Choc/White Milk (1c) 19/13</p>	<p>13 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>16 Corndog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>17 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>18 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>19 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 24 Carrot Sticks (1/2r) 0 Goldfish Crackers 14 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>20 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Graham Pack (.5wg) 11 Broccoli (1/2g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>23 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>24 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Melon (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>25 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>26 Chicken Parmesan - Chicken Patty & Bun (2m,2.75wg) 38 Marinara (1/4r) 0 Parmesan Packet 0 Carrot Sticks (1/2r) 0 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>27 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>30 Sloppy Joe & WG Bun (2m, 1.75wg, 1/8r) WG 32 Celery (3/4o) 7 Cheez-Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>			<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</i></p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups. Chef, Taco, and Southwestern Salad Option every day.</i></p>

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

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