



Arlene's January 2024 K-8 Lunch Menu

1 New Year's Day	2 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	3 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13	4 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Corn (3/4s) 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13	5 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
8 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4l) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	10 WG Chicken Tenders – 3 (2m, 1wg) Roll (1wg) 13 Green Beans (3/4c) 6 Cheez Its 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	11 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 30 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13	12 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
15 MLK Day	16 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	17 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 Fruit Slushy 23 Choc/White Milk (1c) 19/13	18 Beef Gyro (2m) 2 WG Pita Bread (2wg) 32 Tomatoes (1/4r) 4 Cucumbers (4) 1 Shredded Romain (1c) 2 Craisins 28 Ranch 2 Choc/White Milk (1c) 19/13	19 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
22 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Beans (3/4l) 44 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	23 Meatballs -6, Mashed 38 Potatoes & Gravy (2m,3/4s) Dinner Roll (1wg) 30 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	24 WG Chicken Patty & WG Bun (2m,2.75wg) 38 Ketchup 3 Green Beans (3/4s) 6 Apple (1/2c) 34 Choc/White Milk (1c) 19/13	25 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13	26 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
29 Corndog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	30 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	31 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Craisins 28 Choc/White Milk (1c) 19/13	<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>	
<i>Sides - Fruits and Vegetables listed by group and measured in cups. r = red/orange l = legume, o = other s = starchy, g = green</i>				

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

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