



Arlene's September 2025 K-8 Lunch Menu

1 NO SCHOOL	2 Taco Tuesday Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	3 Beef Hot Dog & Tater Tots Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13	4 Sloppy Joe Sloppy Joe Beef (2m, 1/4r) 16 WG Bun (1.75wg) 25 Goldfish Crackers (1wg) 14 Carrot Sticks (1/2c) 0 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13	5 Turkey Pepperoni Pizza Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
8 Chicken Tenders WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	9 Hamburger Patty on WG Bun Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Tater Tots (12 = 3/4c) 24 Graham Crackers (0.5wg) 11 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	10 Teriyaki Chicken w Rice Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	11 Spaghetti & Meatballs Spaghetti Pasta (1/4g) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13	12 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Broccoli (1/2c) 5 Orange (1/2c) 8 Choc/White Milk (1c) 19/13
15 Chicken Nuggets WG Chicken Nuggets (5 = 2m, 1wg) 13 Green Beans (3/4c) 6 WG Roll (1wg) 16 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	16 Taco Tuesday Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	17 Orange Chicken w Rice Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (2 tbsp) 17 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	18 Meatball Sub Meatballs (6 = 2m) 8 Marinara (1/4c) 6 WG bun (1.5wg) 21 Carrot Sticks (1/2c) 0 Goldfish Crackers (1wg) 14 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13	19 Turkey Pepperoni Pizza Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
22 Chicken Chili Taquitos Chicken Taquito (2=2m,2wg) 24 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13	23 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Bear Cracker (1wg) 21 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	24 Biscuits & Gravy Pillsbury Biscuits (1 = 2wg) 24 Turk-Sausage Crumbles (2m) 0 Country Gravy (1/2c) 24 Graham Crackers (0.5wg) 11 Sliced Cucumbers (3/4c) 3 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13	25 Chicken Pasta Alfredo Penne Pasta (1/4g) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	26 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Bear Cracker (1wg) 21 Carrot Sticks (1/2c) 0 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13
29 Beef Hot Dog & Tater Tots Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	30 Taco Tuesday Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 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. Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day.</i>