



# Arlene's October 2024 K-8 Lunch Menu

<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 milk</i></p>	<p>1 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>2 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 Bear Crackers 21 BBQ Sauce 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>3 WG Chicken Patty &amp; WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>4 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>7 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>8 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Beans (3/4l) 45 Graham Crackers (1wg) 11 BBQ Sauce 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>9 WG Chicken Patty &amp; WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Sliced Cucumbers (3/4o) 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>10 Spaghetti &amp; Meatballs – 6 (2m, 1/4r); Roll (1wg) 30 WG Pasta (1/4wg) 30 Carrot Sticks (1/2r) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>11 WG Chicken Tenders - 3 &amp; Waffles - 2 (2m, 3wg) 41 Broccoli (3/4g) 5 Berry Fruit Cup (1/2c) 20 Choc/White Milk (1c) 19/13</p>
<p>14 Corn dog (2m, 2wg) 27 Green Beans (3/4o) 6 Cheez-Its (1wg) 14 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>15 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>16 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>17 Macaroni &amp; Cheese (2m, 1wg) 31 Roll (1wg) 16 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>18 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>21 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>22 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 26 Baked Beans (3/4l) 44 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>23 WG Chicken Tenders - 3 &amp; Waffles - 2 (2m, 3wg) 41 Sliced Cucumbers (3/4o) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>24 Meatball – 6 Sub (2m, 1/4r, 1.5wg) 35 Carrot Sticks (1/2r) 0 Goldfish Crackers 14 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>	<p>25 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>28 Sloppy Joe &amp; 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>29 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>30 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 Bear Crackers 21 BBQ Sauce 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>31 WG Chicken Patty &amp; WG Bun (2m,2.75wg) 38 BBQ Sauce 3 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>Chef, Taco, and Southwestern Salad Option every day.</i></p>

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

**“this institution is an equal opportunity provider”**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.