



Arlene's January 2023 K-8 Lunch Menu

2 WG Chicken Tenders (2m, 1wg) 14 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 630 so=1050	3 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161	4 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=632 so=1052	5 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985	6 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810
9 Corn dog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 612 so=912	10 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140	11 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Corn (3/4s) 20 Ketchup 3 Fresh Melon (1/2c) 18 White Milk (1c) 24/13 ca= 630 so=931	12 Meatball Sub (2m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 630 so=1151	13 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172
16 MLK Day	17 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 20 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 625 so=830	18 Meatballs & Gravy 8 Mashed Potatoes 14 Dinner Roll (1wg) 16 Pineapple 13 Choc/White Milk (1c) 24/13 ca= 621 so=1204	19 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 618 so=1120	20 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172
23 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Green Beans (3/4o) 5 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=642 so=1102	24 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161	25 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Corn (3/4s) 20 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=770	26 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985	27 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810
30 BBQ Beef Rib & WG Bun 33 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=650 so=1180	31 WG Cheese Sticks & Marinara (2m, 2wg, 1/4r) 32 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Choc/White Milk (1c) 24/13 ca=612 so=1027	<i>Chef, Taco, or Southwestern Salad entrée option every day, served with juice and milk</i>	<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.</i>	<i>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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