



Arlene's October 2026 K-8 Lunch Menu

<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.</i>	<i>Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day. Salads are served with daily vegetable and fruit.</i>		1 Spaghetti & Meatballs Spaghetti Pasta (1/4c) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Watermelon (1/2c) 8 Choc/White Milk (1c) 19/13	2 Turkey Pepperoni Pizza Turkey Pep Pizza (2m/2wg) 33 Green Beans (3/4c) 7 Graham Crackers (0.5wg) 11 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
5 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	6 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	7 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	8 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Mango Veg Juice (1/2c) 14 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13
12 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	13 Hamburger Patty on WG Bun Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Graham Crackers (0.5wg) 11 Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13	14 Orange Chicken w Rice Popcorn Chkn (4oz=2m,1wg) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (1 tbs) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	15 Baked Pasta & Meat Sauce Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0; Orange 8 Choc/White Milk (1c) 19/13	16 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbs) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
19 Chicken Taquitos Chicken Taquito (1=2m,2wg) 24 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	20 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	21 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	22 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	23 Bosco Sticks Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Cherry Veg Juice (1/2c) 13 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13
26 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	27 Cheesy Fiesta Burrito Taco Meat, Rice & Cheese Burrito (2m/2g) 50 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	28 Teriyaki Chicken w Rice Popcorn Chkn (4oz=2m,1wg) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (1 tbs) 4 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	29 Baked Pasta & Meat Sauce Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	30 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbs) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13