



Arlene's November 2021 K-8 Lunch Menu

1	WG Chicken Nuggets (2m, 1wg) Corn (3/4s) Cheez-Its (1wg) Whole Apple (1/2c) Milk (1c) ca= 645 cb=85 so=709	2	Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) ca= 645 cb=118 so=676	3	Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Fries (3/4s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) ca=640 cb=70 so=1185	4	Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1wg) Fresh Melon (1/2c) WG Roll (1wg), Milk (1c) ca= 635 cb=66 so=1035	5	Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r) Broccoli (3/4g) Cheez Its (1wg) Fresh Melon (1/2c) Milk (1c) ca= 603 cb=89 so=1199
8	Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Corn on the Cobb (1/2s) Cheez-Its (1wg) Whole Apple (1/2c) Milk (1c) ca= 644 cb=84 so=1205	9	Crispy WG Chicken Tenders (2m, 1wg) BBQ Sauce WG Dinner Roll (1wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) ca= 605 cb=0 so=890	10	BBQ Beef Rib Sandwich & WG Bun (2m, 1.5wg) Corn (3/4s) WG Nacho Chips (1wg) Fresh Pineapple (1/2c) Milk (1c) ca= 625 cb=98 so=1171	11	Beef Hot Dog & WG Bun (2m, 1.5wg) Hash Brown (1/4s) Carrots Sticks (1/2r) Fresh Cut Pineapple (1/2c) Milk (1c) ca= 630 cb=94 so=1127	12	WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) WG Cheez-Its (1wg) Whole Banana (1/2c) Milk (1c) ca=620 cb=93 so=990
15	Chicken Comdog (2m, 2wg) Corn (3/4s) Bear Grahams (1wg) Ketchup Whole Apple (1/2c) Milk (1c) ca=620 cb=116 so=781	16	Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) ca= 645 cb=118 so=676	17	Crispy Chicken Patty & WG Bun (2m, 2.75wg) Celery Sticks (3/4o) Ranch Fresh Cut Melon (1/2c) Milk (1c) ca=600 cb=100 so=1027	18	Thanksgiving Lunch Sliced Turkey & Gravy (2m) Dinner Roll (1wg) Mashed Potatoes (3/4s) Pumpkin Treat Whole Apple (1/2c) Milk (1c) ca=650 cb=75 so=1204	19	Bosco Sticks -2 (1m, 2wg) Marinara (1/8r) Broccoli (3/4g) WG Cheez-Its (1wg) Whole Banana (1/2c) Milk (1c) ca=640 cb=108 so=931
22	Meatball Sub & WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing WG Cheez-Its (1wg) Whole Apple (1/2c) Milk (1c) ca= 600 cb=75 so=1211	23	WG BBQ Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) ca= 625 cb=98 so=1171	24	Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Fries (3/4s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) ca=640 cb=70 so=1185	25	Thanksgiving Break	26	
29	WG Chicken Nuggets (2m, 1wg) Corn (3/4s) Cheez-Its (1wg) Whole Apple (1/2c) Milk (1c) ca= 645 cb=85 so=709	30	Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) ca= 645 cb=118 so=676						

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE
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m = meat/protein
 wg = whole grain
 r = red/orange
 l = legume, o = other
 s = starch, g = green

ca = calories grams
 cb = carbohydrates grams
 so = sodium mg
 Fat Free Chocolate Milk or
 1% White Milk Offered