



Arlene's March 2022 K-8 Lunch Menu

<p><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. White milk option 13 carbs.</i></p>	<p>1 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 17 Pineapple (1/2c) 13 Choc Milk (1c) 19 <i>ca= 645 so=661</i></p>	<p>2 Hamburger Patty & WG Bun (2m, 1.75wg) 29 Ketchup 3 Baked Fries (3/4s) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 <i>ca=640 so=1011</i></p>	<p>3 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r sauce) 12 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Roll (1wg) 16 Choc Milk 19 <i>ca= 635 so=1035</i></p>	<p>4 Crispy Chicken Patty & WG Bun (2m, 2.75wg) 42 Broccoli (3/4g) 12 Cheez-Its (1wg) 14 Fruit Slushie (1/2c) 19 Choc Milk (1c) 19 <i>ca= 603 so=1199</i></p>
<p>7 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Green Beans (3/4o) 7 Nacho Chips (1wg) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19 <i>ca= 602 so=831</i></p>	<p>8 Crispy WG Chicken Tenders (2m, 1wg) 16 Ketchup 3 Ranch 6 WG Sport Crackers (1wg) 20 Carrot Sticks (1r) 0 Whole Banana (1/2c) 18 Choc Milk (1c) 19 <i>ca= 645 so=1055</i></p>	<p>9 BBQ Beef Rib Sandwich & WG Bun (2m, 1.5wg) 26 Corn (3/4s) 20 Cheez-its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19 <i>ca= 630 so=950</i></p>	<p>10 Beef Hot Dog & WG Bun (2m, 1.5wg) 19 Baked Beans (3/4l) 10 Cheez-Its (1wg) 14 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 <i>ca= 600 so=931</i></p>	<p>11 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Broccoli (3/4g) 12 Bear Grahams (1wg) 21 Whole Apple (1/2c) 34 Choc Milk (1c) 19 <i>ca=602 so=846</i></p>
<p>14 Chicken Corndog (2m, 2wg) 30 Ketchup 3 Corn (3/4s) 20 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 <i>ca=640 so=806</i></p>	<p>15 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 17 Pineapple (1/2c) 13 Choc Milk (1c) 19 <i>ca= 645 so=661</i></p>	<p>16 Crispy Chicken Patty & WG Bun (2m, 2.75wg) 42 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Ranch 6 Choc Milk (1c) 19 <i>ca=610 so=1141</i></p>	<p>17 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r sauce) 12 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fruit Slushie (1/2c) 19 Roll (1wg) 16 Choc Milk 19 <i>ca= 615 so=1039</i></p>	<p>18 Fernando's Burrito (2m, 2wg) 8 Taco Sauce 1 Green Beans (3/4o) 7 Nacho Chips (1wg) 20 Whole Apple (1/2c) 34 Choc Milk (1c) 19 <i>ca= 602 so=831</i></p>
<p>21 Beef Hot Dog & WG Bun (2m, 1.5wg) 19 Corn on Cob 6 Cheez-Its (1wg) 14 Whole Banana (1/2c) 18 Choc Milk (1c) 19 <i>ca= 625 so=799</i></p>	<p>22 Crispy Chicken Patty & WG Bun (2m, 2.75wg) 42 BBQ Sauce 3 Baked Beans (3/4l) 10 Whole Banana (1/2c) 18 Choc Milk (1c) 19 <i>ca= 625 so=1171</i></p>	<p>23 Hamburger Patty & WG Bun (2m, 1.75wg) 29 Ketchup 3 Baked Fries (3/4s) 21 Fresh Cut Melon (1/2c) 18 Choc Milk (1c) 19 <i>ca=640 so=1185</i></p>	<p>24 Salisbury Steak & Gravy (2m) 2 Mashed Potatoes (3/4s) 14 Dinner Roll (1wg) 16 Craisins (1/2c) 14 Choc Milk (1c) 19 <i>ca= 606 so=1148</i></p>	<p>25 Crispy WG Chicken Tenders (2m, 1wg) 16 BBQ Sauce 3 Broccoli (3/4g) 12 Dinner Roll (1wg) 16 Whole Apple (1/2c) 34 Choc Milk (1c) 19 <i>ca= 610 so=1220</i></p>
<p>28 WG Asian Nuggets (2m) 16 Rice & Broccoli (1/4 wg, 3/4g) 51 Whole Apple (1/2c) 34 Choc Milk (1c) 19 <i>ca= 620 so=635</i></p>	<p>29 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 17 Pineapple (1/2c) 13 Choc Milk (1c) 19 <i>ca= 645 so=661</i></p>	<p>30 Crispy Chicken Patty & WG Bun (2m, 2.75wg) 42 Celery Sticks (3/4o) 0 Bear Grahams (1wg) 21 Fresh Cut Melon (1/2c) 18 Ranch 6 Choc Milk (1c) 19 <i>ca=610 so=1141</i></p>	<p>31 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r sauce) 12 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Roll (1wg) 16 Choc Milk 19 <i>ca= 635 so=1035</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume, o = other s = starchy, g = green</i></p>

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

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