



Arlene's March 2024 K-6 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.</i></p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>			<p>1 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>4 Beef Hot Dog & WG Bun 22 (2m, 1.5wg) Ketchup 3 Baked Fries (3/4l) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>5 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>6 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>7 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 30 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>8 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>11 WG Chicken Nuggets - 5 (2m, 1wg) 13 Graham Pack (.5wg) 11 Baked Fries (3/4l) 33 Ketchup 3 BBQ Sauce 5 Fruit Slushy 23 Choc/White Milk (1c) 19/13</p>	<p>12 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>13 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>14 Sloppy Joe & WG Bun (2m, 1.75wg, 1/8r) WG 32 Celery Sticks (3/4o) 7 WG Sport Crackers 19 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13</p>	<p>15 No School</p>
<p>18 No School</p>	<p>19 No School</p>	<p>20 No School</p>	<p>21 No School</p>	<p>22 No School</p>
<p>25 Corndog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>26 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>27 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>28 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Corn (3/4s) 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13</p>	<p>29 No School</p>

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

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