



Arlene's May 2024 K-8 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>1 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>2 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Slushie (1/2c) Choc/White Milk (1c) 19/13</p>	<p>3 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1c) 18 Choc/White Milk (1c) 19/13</p>
<p>6 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 34 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>7 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>8 WG Chicken Nuggets - 5 (2m, 1wg) 13 Graham Pack (.5wg) 11 Baked Fries (3/4l) 33 Ketchup 3 BBQ Sauce 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>9 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>10 No School</p>
<p>13 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>14 Meatballs -6, Mashed Potatoes & Gravy (2m, 3/4s) 35 Dinner Roll (1wg) 30 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>15 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>16 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>17 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Broccoli (3/4g) 5 Syrup Cup 29 Banana(1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>20 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>21 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>22 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 24 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>23 Beef Gyro (2m) 2 WG Pita Bread (2wg) 32 Tomatoes (1/4r) 4 Cucumbers (4) 1 Shredded Romain (1c) 2 Craisins 28 Ranch 2 Choc/White Milk (1c) 19/13</p>	<p>24 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Slushie (1c) Choc/White Milk (1c) 19/13</p>
<p>27 Memorial Day</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>

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

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