



Arlene's March 2024 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. Salad entrée option every day, served with juice and milk</i>	<i>Sides - Fruits and Vegetables listed by group and measured in cups.</i> <i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i>			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
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	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	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	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	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
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	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	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	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	15 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
18 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	19 Meatballs -6, Mashed Potatoes & Gravy (2m, 3/4s) 38 Dinner Roll (1wg) 30 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	20 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	21 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13	22 No School
25 No School	26 No School	27 No School	28 No School	29 No School

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

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