



Arlene's April 2025 K-8 Lunch Menu

	1 <u>Sweet & Sour Chicken w Rice</u> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Sweet & Sour Sauce (2 tbsp) 8 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	2 <u>Meatballs & Mashed Potatoes</u> Meatballs (6 = 2m) 13 Mashed Potatoes (3/4c) 24 Beef Gravy 4 WG Roll (1wg) 16 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	3 <u>Chicken Patty on WG Bun</u> WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Graham Crackers (1wg) 11 BBQ Sauce 5 Broccoli (3/4c) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	4 <u>Bosco Sticks</u> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Bear Cracker (1wg) 21 Carrot Sticks (1/2c) 0 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13
7 <u>BBQ Beef Rib Sandwich</u> BBQ Beef Patty (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	8 <u>Taco Tuesday</u> Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	9 <u>Chicken & Waffles</u> WG Chicken Tenders (3 = 2m/1wg) 13 Eggo Waffles (2 = 2wg) 28 Sliced Cucumbers (3/4c) 3 Berry Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13	10 <u>Spaghetti & Meatballs</u> Spaghetti Pasta (1/4g) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13	11 <u>Turkey Pepperoni Pizza</u> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
14 <u>Chicken Tenders</u> WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Craisins (1/2c) 34 Choc/White Milk (1c) 19/13	15 <u>Hamburger Patty on WG Bun</u> Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Corn (3/4c) 21 Ketchup 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13	16 <u>Teriyaki Chicken w Rice</u> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	17 <u>Chili & Cornbread</u> Beef Chili w Beans (1.5m, 3/8r, 1/8l) 16 Cheddar Cheese (1oz) 0 WG Corn Bread (1wg) 36 Carrot Sticks (1/2c) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	NO SCHOOL
21 <u>Chicken Nuggets</u> WG Chicken Nuggets (5 = 2m, 1wg) 13 Green Beans (3/4c) 6 WG Roll (1wg) 16 BBQ Sauce 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	22 <u>Taco Tuesday</u> Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	23 <u>Breakfast for Lunch</u> Turkey-Sausage Links (2 = 2m) 1 Tater Tots (12 = 3/4c) 24 Cheddar Cheese (1m) 0 Cinnamon Crisps (1wg) 25 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13	24 <u>Meatball Sub</u> Meatballs (6 = 2m) 8 Marinara (1/4c) 6 WG bun (1.5wg) 21 Carrot Sticks (1/2c) 0 Goldfish Crackers (1wg) 14 Berry Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13	25 <u>Turkey Pepperoni Pizza</u> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
28 <u>Chicken Patty on WG Bun</u> WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Graham Crackers (1wg) 11 BBQ Sauce 5 Melon (1/2c) 18 Choc/White Milk (1c) 19/13	29 <u>Orange Chicken w Rice</u> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (2 tbsp) 17 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	30 <u>Biscuits & Gravy</u> Pillsbury Biscuits (2 = 2wg) 24 Turk-Sausage Crumbles (2m) 0 Country Gravy (1/2c) 24 Broccoli (3/4c) 5 Ketchup 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13	<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>Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day.</i>				