



Arlene's January 2025 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>Chef, Taco, and Southwestern Salad Option every day.</i>	1 Holiday Break	2 -----	3 -----
6 WG Chicken Nuggets (2m, 1wg) – 5 13 Green Beans (3/4o) 6 Cheez-Its (1wg) 14 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13	7 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Beans (3/4l) 45 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13	8 Meatballs (6), Mashed Potatoes & Gravy (2m,3/4s) 41 WG Roll (1wg) 16 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	9 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	10 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Bear Cracker (1wg) 21 Carrot Sticks (1/2r) 0 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13
13 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Corn (3/4s) 21 Sport Bite Crackers (1wg) 19 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	14 Taco Tuesday (1m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	15 WG Chicken Tenders - 3 & Waffles - 2 (2m, 3wg) 41 Sliced Cucumbers (3/4o) 3 Berry Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13	16 Spaghetti & Meatballs – 6 (2m, 1/4r); Roll (1wg) 30 WG Pasta (1/4wg) 30 Carrot Sticks (1/2r) 0 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13	17 Popcorn Chicken & Rice (1m, 2wg) 54 Broccoli (3/4g) 5 Melon (1/2c) 18 Fortune Cookie 7 Soy Sauce 0 Choc/White Milk (1c) 19/13
20 MLK Day	21 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13	22 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Sliced Cucumbers (3/4o) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	23 Beef Chili w Beans (1.5m, 3/8r, 1/8l) 16 Cheddar Cheese (1oz) 0 WG Corn Bread (1wg) 36 Carrot Sticks (1/2r) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	24 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Bear Cracker (1wg) 21 Broccoli (3/4g) 5 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13
27 Sloppy Joe & WG Bun (2m, 1.75wg, 1/8r) WG 32 Celery (3/4o) 7 Cheez-Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	28 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	29 WG Chicken Nuggets - 5 (2m, 1wg) 13 Corn (3/4s) 21 WG Roll (1wg) 16 BBQ Sauce 3 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	30 Meatball – 6 Sub (2m, 1/4r, 1.5wg) 35 Carrot Sticks (1/2r) 0 Goldfish Crackers (1wg) 14 Berry Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13	31 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13

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

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