



# Arlene's May 2023 K-8 Lunch Menu

<p>1 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 630 so=1030</p>	<p>2 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140</p>	<p>3 WG Chicken Patty &amp; WG Bun (2m,2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125</p>	<p>4 Meatball Sub (1.5m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 607 so=1151</p>	<p>5 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 626 so=810</p>
<p>8 Corn dog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>9 Taco Tuesday (1/2oz) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1oz) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161</p>	<p>10 WG Chicken Nuggets – 5 (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=755</p>	<p>11 Spaghetti &amp; Meatballs - 5 (1.5m, 1/4r) 12 Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 600 so=985</p>	<p>12 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172</p>
<p>15 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140</p>	<p>16 Sloppy Joe &amp; WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 20 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 625 so=830</p>	<p>17 WG Chicken Patty &amp; WG Bun (2m,2.75wg) 38 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125</p>	<p>18 BBQ Beef Rib &amp; WG Bun (2m, 1.5wg) 33 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1045</p>	<p>19 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 25 Choc/White Milk (1c) 24/13 ca= 626 so=810</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29  Holiday</p>	<p>30</p>	<p>31</p>	<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. Salad entrée option every day, served with juice and milk</i></p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.  r = red/orange l = legume, o = other s = starchy, g = green</i></p>

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

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