



Arlene's January 2024 K-8 Breakfast Menu

1 New Year's Day	2 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	3 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	4 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	5 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13
8 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	9 String Cheese & Grahams (1m, 1wg) 13 Tree Top Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	10 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	11 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	12 No School
15 MLK Day	16 Strawberry Chex (1wg) 23 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	17 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	18 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	19 Super Breakfast Ring 29 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
22 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	23 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	24 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	25 Berry Muffin Top (1wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	26 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13
29 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	30 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13	31 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13		<i>Carbs listed for each item in blue font</i>

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

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Arlene's January 2024 K-8 Lunch Menu

1 New Year's Day	2 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	3 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13	4 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Ketchup 3 Corn (3/4s) 21 Whole Apple (1/2c) 34 Choc/White Milk (1c) 19/13	5 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
8 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4l) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	10 WG Chicken Tenders – 3 (2m, 1wg) Roll (1wg) 13 Celery Sticks (3/4o) 7 Cheez Its 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	11 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	12 No School
15 MLK Day	16 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	17 WG Chicken Nuggets - 5 (2m, 1wg) 13 Baked Fries (3/4l) 33 Fruit Slushy 23 Choc/White Milk (1c) 19/13	18 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	19 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
22 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	23 Meatballs -6, Mashed 38 Potatoes & Gravy (2m, 3/4s) Dinner Roll (1wg) 30 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13	24 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Ketchup 3 Celery Sticks (3/4o) 7 Apple (1/2c) 34 Choc/White Milk (1c) 19/13	25 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	26 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
29 Corn dog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	30 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	31 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 29 Carrot Sticks (1/2r) 0 Craisins 28 Choc/White Milk (1c) 19/13	<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>	

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