



# Arlene's September 2022 K-8 Breakfast Menu

			1 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 485 Sod 360 Sugar 59	2 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 430 Sod 195 Sugar 31
5 Labor Day	6 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 445 Sod 330 Sugar 47	7 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 470 Sod 255 Sugar 66	8 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 485 Sod 280 Sugar 56	9 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 475 Sod 430 Sugar 49
12 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 495 Sod 280 Sugar 53	13 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 485 Sod 280 Sugar 56	14 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 470 Sod 255 Sugar 66	15 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 444 Sod 474 Sugar 37	16 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 405 Sod 255 Sugar 48
19 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 495 Sod 255 Sugar 66	20 String Cheese & Grahams (1m, 1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 405 Sod 340 Sugar 40	21 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 470 Sod 255 Sugar 66	22 Pumpkin Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 470 Sod 255 Sugar 66	23 Cinnamon Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 445 Sod 330 Sugar 47
26 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 480 Sod 330 Sugar 66	27 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 435 Sod 255 Sugar 52	28 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 470 Sod 255 Sugar 66	29 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 485 Sod 360 Sugar 59	30 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13  Cal 430 Sod 195 Sugar 31

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

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# Arlene's September 2022 K-8 Lunch Menu

<p><i>Chef, Taco, or Southwestern Salad entrée option every day, served with juice and milk</i></p>	<p><i>Carbs are listed for each item in blue font. Fresh fruits and vegetables may vary each day due to ripeness and availability. Please check with your lunch server daily.</i></p>	<p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>	<p>1 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Baked Beans (1/2l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13  ca= 618 so=1180</p>	<p>2 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13  ca= 626 so=810</p>
<p>5 <b>Labor Day</b></p>	<p>6 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13  ca= 620 so=1161</p>	<p>7 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 30 Dinner Roll (1wg) 16 Whole Banana 18 Choc/White Milk (1c) 24/13  ca=630 so=980</p>	<p>8 Spaghetti &amp; Meatballs (2m, 1/4r) 12 Din 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= 615 so=985</p>	<p>9 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=1122</p>
<p>12 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>13 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Baked Fries (3/4s) 21 Dinner Roll (1wg) 16 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13  ca=610 so=836</p>	<p>14 Sloppy Joe &amp; WG Bun (2m, 1/4r, 1.75wg) 32 Celery Sticks (1/2o) 7 Sport Crackers (1wg) 20 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13  ca=600 so=1060</p>	<p>15 Meatball Sub (2m, 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= 622 so=1151</p>	<p>16 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13  ca= 626 so=810</p>
<p>19 Corndog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13  ca= 612 so=912</p>	<p>20 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13  ca= 620 so=1161</p>	<p>21 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) 38 Ketchup 3 Baked Fries (3/4s) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13  ca= 640 so=1011</p>	<p>22 Spaghetti &amp; Meatballs (2m, 1/4r) 12 Din 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= 615 so=985</p>	<p>23 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=1122</p>
<p>26 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) 38 Green Beans (3/4o) 5 Ketchup 3 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13  ca= 642 so=1102</p>	<p>27 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) 34 Choc/White Milk (1c) 24/13  ca= 625 so=830</p>	<p>28 BBQ Beef Rib &amp; WG Bun (2m, 1.5wg) 33 Baked Fries (3/4s) 21 Pineapple 13 Choc/White Milk (1c) 24/13  ca=615 so=1031</p>	<p>29 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Baked Beans (1/2l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13  ca= 618 so=1180</p>	<p>30 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13  ca= 626 so=810</p>

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