



Arlene's March 2023 K-8 Breakfast Menu

<p><i>Carbs are listed for each item in blue font.</i></p>		<p>1 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>2 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 360 Sugar 59</i></p>	<p>3 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 430 Sod 195 Sugar 31</i></p>
<p>6 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 450 Sod 255 Sugar 58</i></p>	<p>7 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>	<p>8 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>9 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>10 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 475 Sod 430 Sugar 49</i></p>
<p>13 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 495 Sod 280 Sugar 53</i></p>	<p>14 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>15 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>16 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 444 Sod 474 Sugar 37</i></p>	<p>17 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 405 Sod 255 Sugar 48</i></p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 480 Sod 330 Sugar 66</i></p>	<p>28 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 435 Sod 255 Sugar 52</i></p>	<p>29 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>30 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>31 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13</p> <p><i>Cal 475 Sod 430 Sugar 49</i></p>

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

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Arlene's March 2023 K-8 Lunch Menu



<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.</i></p> <p><i>Salad entrée option every day, served with juice and milk</i></p>	<p><i>Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i></p>	<p>1 WG Chicken Nuggets - 5 (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 20 Bear Crackers (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=620 so=770</p>	<p>2 Spaghetti & 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>3 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>6 WG Chicken Nuggets - 5 (2m, 1wg) 13 Ketchup 3 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca=610 so=836</p>	<p>7 Hamburger Patty & 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>8 WG Chicken Patty & 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>9 Meatball Sub - 5 (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>10 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>13 Corndog (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>14 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>15 WG Chicken Nuggets - 5 (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 20 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>16 Spaghetti & 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>17 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>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27 WG Cheese Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=612 so=1027</p>	<p>28 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) 24/13 ca= 620 so=1161</p>	<p>29 WG Chicken Nuggets - 5 (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 20 Bear Crackers (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=620 so=770</p>	<p>30 Spaghetti & 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>31 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>

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