



Arlene's January 2023 K-8 Breakfast Menu

2	3 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 435 Sod 255 Sugar 52</i>	4 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	5 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 360 Sugar 59</i>	6 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i>
9 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 450 Sod 255 Sugar 58</i>	10 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i>	11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	12 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i>	13 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
16 MLK Day	17 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk 1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i>	18 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	19 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 444 Sod 474 Sugar 37</i>	20 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 255 Sugar 48</i>
23 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i>	24 String Cheese & Grahams (1m, 1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 340 Sugar 40</i>	25 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	26 Pumpkin Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	27
30 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 480 Sod 330 Sugar 66</i>	31 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 435 Sod 255 Sugar 52</i>			<i>Carbs are 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 2023 K-8 Lunch Menu

<p>2</p>	<p>3 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>4 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=632 so=1052</p>	<p>5 Spaghetti & 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>6 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810</p>
<p>9 Corn dog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>10 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140</p>	<p>11 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Corn (3/4s) 20 Ketchup 3 Fresh Melon (1/2c) 18 /White Milk (1c) 24/13 ca= 630 so=931</p>	<p>12 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= 630 so=1151</p>	<p>13 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>16 MLK Day</p>	<p>17 Sloppy Joe & 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>18 Meatballs & Gravy 8 Mashed Potatoes 14 Dinner Roll (1wg) 16 Pineapple 13 Choc/White Milk (1c) 24/13 ca= 621 so=1204</p>	<p>19 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 618 so=1120</p>	<p>20 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>23 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Green Beans (3/4o) 5 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=642 so=1102</p>	<p>24 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>25 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Corn (3/4s) 20 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=770</p>	<p>26 Spaghetti & 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>27</p>
<p>30 BBQ Beef Rib & WG Bun 33 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=650 so=1180</p>	<p>31 WG Cheese Sticks & Marinara (2m, 2wg, 1/4r) 32 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Choc/White Milk (1c) 24/13 ca=612 so=1027</p>	<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 = starch, g = green</i></p>

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