



# 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) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>2 Banana Bread Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 360 Sugar 59</i></p>	<p>3 Strawberry Chex Pouch (1wg) <b>23</b> Whole Apple (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 430 Sod 195 Sugar 31</i></p>
<p>6 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 450 Sod 255 Sugar 58</i></p>	<p>7 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>	<p>8 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>9 Blueberry Muffin (2wg) <b>45</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>10</p>
<p>13 Choc Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 495 Sod 280 Sugar 53</i></p>	<p>14 Choc Smart Muffin (2wg) <b>45</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>15 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>16 Bagel &amp; CC (1m, 2wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 444 Sod 474 Sugar 37</i></p>	<p>17 Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 405 Sod 255 Sugar 48</i></p>
<p>20 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 495 Sod 255 Sugar 66</i></p>	<p>21 String Cheese &amp; Grahams (1m, 1wg) <b>13</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 405 Sod 340 Sugar 40</i></p>	<p>22 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>23 Lemon Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>24 Cinnamon Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 445 Sod 330 Sugar 47</i></p>
<p>27 Poptart (1.25wg) <b>38</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 480 Sod 330 Sugar 66</i></p>	<p>28 Corn Smart Muffin (2wg) <b>36</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 435 Sod 255 Sugar 52</i></p>	<p>29 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 470 Sod 255 Sugar 66</i></p>	<p>30 Blueberry Muffin (2wg) <b>45</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 485 Sod 280 Sugar 56</i></p>	<p>31 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>24/13</b></p> <p><i>Cal 475 Sod 430 Sugar 49</i></p>

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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) <b>13</b> Ketchup <b>3</b>                  Corn (3/4s) <b>20</b>                  Bear Crackers (1wg) <b>21</b>                  Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=620 so=770</p>	<p>2                  Spaghetti &amp; Meatballs - 5 (1.5m, 1/4r) <b>12</b> Roll (1wg) <b>16</b>                  WG Pasta (1/4wg) <b>1</b>                  Carrot Sticks (1/2r) <b>0</b>                  Fresh Pineapple (1/2c) <b>13</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 600 so=985</p>	<p>3                  Turk Pep Pizza (2m, 2wg) <b>33</b>                  Broccoli (3/4g) <b>5</b>                  Cheez-Its (1wg) <b>14</b>                  Ranch <b>2</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 612 so=1172</p>
<p>6                  WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Ketchup <b>3</b>                  Baked Fries (3/4s) <b>27</b>                  Dinner Roll (1wg) <b>16</b>                  Fresh Pineapple (1/2c) <b>13</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=610 so=836</p>	<p>7                  Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>27</b>                  Baked Beans (3/4l) <b>33</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 648 so=1140</p>	<p>8                  WG Chicken Patty &amp; WG Bun (2m,2.75wg) <b>38</b>                  Celery Sticks (3/4o) <b>7</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=600 so=1125</p>	<p>9                  Meatball Sub - 5 (1.5m, 1/4r, 1.5wg) <b>32</b> Ranch <b>6</b>                  Carrot Sticks (1/2r) <b>0</b>                  Bear Crackers (1wg) <b>21</b>                  Fresh Melon (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 607 so=1151</p>	<p>10</p>
<p>13                  Corndog (2m, 2wg) <b>30</b>                  Green Beans (3/4s) <b>5</b>                  Cheez-Its (1wg) <b>14</b>                  Ketchup <b>3</b>                  Whole Apple (1/2c) <b>25</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 612 so=912</p>	<p>14                  Taco Tuesday (1/2oz) <b>1</b>                  WG Nacho Chips (1wg) <b>20</b>                  Refried Beans (3/4l) <b>38</b>                  Cheddar Cheese (1oz) <b>0</b>                  Fresh Melon (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 620 so=1161</p>	<p>15                  WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Ketchup <b>3</b>                  Bear Crackers (1wg) <b>21</b>                  Baked Fries (3/4s) <b>21</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 620 so=755</p>	<p>16                  Spaghetti &amp; Meatballs - 5 (1.5m, 1/4r) <b>12</b> Roll (1wg) <b>16</b>                  WG Pasta (1/4wg) <b>1</b>                  Carrot Sticks (1/2r) <b>0</b>                  Fresh Pineapple (1/2c) <b>13</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 600 so=985</p>	<p>17                  Turk Pep Pizza (2m, 2wg) <b>33</b>                  Broccoli (3/4g) <b>5</b>                  Cheez-Its (1wg) <b>14</b>                  Ranch <b>2</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 612 so=1172</p>
<p>20                  Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>27</b>                  Baked Beans (3/4l) <b>33</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 648 so=1140</p>	<p>21                  Sloppy Joe &amp; WG Bun (2m, 1.75wg, 1/4r) <b>WG 32</b>                  Carrot Sticks (1/2r) <b>0</b>                  WG Sport Crackers <b>20</b>                  Whole Apple (1/2c) <b>25</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 625 so=830</p>	<p>22                  WG Chicken Patty &amp; WG Bun (2m,2.75wg) <b>38</b>                  Celery Sticks (3/4o) <b>7</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=600 so=1125</p>	<p>23                  Beef Hot Dog &amp; WG Bun (2m, 1.5wg) <b>22</b>                  Ketchup <b>3</b>                  Baked Fries (3/4s) <b>21</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 640 so=1125</p>	<p>24                  Cheese Pizza (2m, 2wg) <b>27</b>                  Broccoli (3/4g) <b>5</b>                  Cheez-Its (1wg) <b>14</b>                  Ranch <b>2</b>                  Whole Apple (1/2c) <b>25</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 626 so=810</p>
<p>27                  WG Cheese Sticks - 2 &amp; Marinara (2m, 2wg, 1/4r) <b>32</b>                  Green Beans (3/4o) <b>5</b>                  Bear Crackers (1wg) <b>21</b>                  Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=612 so=1027</p>	<p>28                  Taco Tuesday (1/2oz) <b>1</b>                  WG Nacho Chips (1wg) <b>18</b>                  Refried Beans (3/4l) <b>36</b>                  Cheddar Cheese (1oz) <b>0</b>                  Fresh Melon (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 620 so=1161</p>	<p>29                  WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Ketchup <b>3</b>                  Corn (3/4s) <b>20</b>                  Bear Crackers (1wg) <b>21</b>                  Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca=620 so=770</p>	<p>30                  Spaghetti &amp; Meatballs - 5 (1.5m, 1/4r) <b>12</b> Roll (1wg) <b>16</b>                  WG Pasta (1/4wg) <b>1</b>                  Carrot Sticks (1/2r) <b>0</b>                  Fresh Pineapple (1/2c) <b>13</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 600 so=985</p>	<p>31                  Turk Pep Pizza (2m, 2wg) <b>33</b>                  Broccoli (3/4g) <b>5</b>                  Cheez-Its (1wg) <b>14</b>                  Ranch <b>2</b>                  Whole Banana (1/2c) <b>18</b>                  Choc/White Milk (1c) <b>24/13</b>                  ca= 612 so=1172</p>

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