



Arlene's May 2024 K-8 Breakfast Menu

<p><i>Carbs 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) 19/13</p>	<p>2 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>3 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>6 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>7 Choc Chip Muffin (2wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>8 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>9 String Cheese & Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>10 Super Breakfast Ring (2wg) 29 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>13 Banana/Choc Oatmeal Bar (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>14 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>15 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>16 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>17 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>20 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>21 Super Breakfast Ring (2wg) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>22 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>23 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>24 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>27 Memorial Day</p>	<p>28 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>29 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>30 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>31 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>

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

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Arlene's May 2024 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. Salad entrée option every day, served with juice and milk</i></p>	<p><i>Sides - Fruits and Vegetables listed by group and measured in cups.</i></p> <p><i>Chef, Taco, and Southwestern Salad Option every day.</i></p>	<p>1 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>2 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Slushie (1/2c) Choc/White Milk (1c) 19/13</p>	<p>3 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1c) 18 Choc/White Milk (1c) 19/13</p>
<p>6 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 34 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>7 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>8 WG Chicken Nuggets - 5 (2m, 1wg) 13 Graham Pack (.5wg) 11 Baked Fries (3/4l) 33 Ketchup 3 BBQ Sauce 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>9 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>10 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Apple (1c) 18 Choc/White Milk (1c) 19/13</p>
<p>13 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>14 Meatballs -6, Mashed Potatoes & Gravy (2m, 3/4s) 35 Dinner Roll (1wg) 30 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>15 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>16 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>17 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Broccoli (3/4g) 5 Syrup Cup 29 Banana(1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>20 Corn dog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Apple(1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>21 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>22 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) 24 Carrot Sticks (1/2r) 0 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>23 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</p>	<p>24 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Slushie (1c) Choc/White Milk (1c) 19/13</p>
<p>27 Memorial Day</p>	<p>28 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Melon (1/2c) 18/25 Choc/White Milk (1c) 19/13</p>	<p>29 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>30 Spaghetti & Meatballs – 6 (2m, 1/4r) 24 Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Slushie (1/2c) Choc/White Milk (1c) 19/13</p>	<p>31 BBQ Beef Rib & WG Bun (2m, 1.5wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Banana (1c) 18 Choc/White Milk (1c) 19/13</p>

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