



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 (1/2c) 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 (1/2c) 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 Corndog (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 (1/2c) 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 (1/2c) 18 Choc/White Milk (1c) 19/13</p>

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

“this institution is an equal opportunity provider”

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9922 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.