



October 2019 K-8 Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i></p>	<p>1 WG Oriental Chicken Bites (1.5m, 3/4wg) Steamed Rice & Broccoli (3/4g, 1/4wg) Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca=628 cb=97 so=755</i></p>	<p>2 Sloppy Joe (2m, 1/8r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca= 644 cb=84 so=1205</i></p>	<p>3 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=104 so=801</i></p>	<p>4 Bosco Sticks -2 (2m, 2wg) Marinara (1/8r) Celery (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 649 cb=95 so=1022</i></p>
<p>7 Beef Hot Dog & WG Bun (2m, 1.5wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca= 630 cb94 so=1227</i></p>	<p>8 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i></p>	<p>9 WG Chicken Corndog (2m,2wg) Black Beans & Corn (1/2l, 1/4s) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 620 cb=105 so=1036</i></p>	<p>10 Meatball Sub & WG Bun (1.8m, 5 meatballs,1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i></p>	<p>11 Mexican Chicken & Rice (2m) Salsa (1/4r), Carrot Sticks (1/2r) WG Nacho Chips (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 603 cb=95 so=951</i></p>
<p>14 Walking Taco Beef (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fruit Sorbet (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>15 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca=615 cb=79 so=956</i></p>	<p>16 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Broccoli (3/4g) Ranch Fresh cut Pineapple (1/2c) Milk (1c) <i>ca= 603 cb=89 so=1199</i></p>	<p>17 Meatballs & Spaghetti (1.8m, 5 meatballs, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=66 so=1035</i></p>	<p>18 Chicken Quesadilla (2m, 2wg) Taco Sauce Celery Sticks (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 600 cb=99 so=1132</i></p>
<p>21 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=111 so1106</i></p>	<p>22 WG Oriental Chicken Bites (1.5m, 3/4wg) Steamed Rice & Broccoli (3/4g, 1/4wg) Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca=628 cb=97 so=755</i></p>	<p>23 Sloppy Joe (2m, 1/8r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca= 644 cb=84 so=1205</i></p>	<p>24 WG Chicken Nuggets (2m, 1wg) Ketchup Corn (3/4s) Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca= 620 cb=104 so=801</i></p>	<p>25 Bosco Sticks -2 (2m, 2wg) Marinara (1/8r) Celery (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 649 cb=95 so=1022</i></p>
<p>28 Beef Hot Dog & WG Bun (2m, 1.5wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca= 630 cb94 so=1227</i></p>	<p>29 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i></p>	<p>30 WG Chicken Corndog (2m,2wg) Black Beans & Corn (1/2l, 1/4s) Ketchup WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 620 cb=105 so=1036</i></p>	<p>31 Meatball Sub & WG Bun (1.8m, 5 meatballs,1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i></p>

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

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