



Arlene's November 2022 K-8 Breakfast Menu

	1 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>	2 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>	3 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>	4 Fruit Loops 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>
7 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>	8 No School	9 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>	10 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>	11 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>
14 Choc Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 280 Sugar 53</i>	15 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>	16 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>	17 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>	18 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>
21 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>	22 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>	23 No School	24 Happy Thanksgiving	25 No School
28 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>	29 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>	30 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>	<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 November 2022 K-8 Lunch Menu

<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>1 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>2 WG Chicken Nuggets (2m, 1wg) 16 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=602 so=1012</p>	<p>3 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>4 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>7 WG Chicken Nuggets (2m, 1wg) 16 Ketchup 3 Baked Fries (3/4s) 27 Dinner Roll (1wg) 16 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca=610 so=836</p>	<p>8 No School</p>	<p>9 WG Chicken Patty & WG Bun (2m,2.75wg) 36 Celery Sticks (3/4o) 7 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=600 so=1125</p>	<p>10 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= 622 so=1151</p>	<p>11 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>14 Corn dog (2m, 2wg) 30 Green Beans (3/4s) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 612 so=912</p>	<p>15 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>16 WG Chicken Nuggets (2m, 1wg) 16 Ketchup 3 Bear Crackers (1wg) 21 Baked Fries (3/4s) 27 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=755</p>	<p>17 Thanksgiving Dinner Roast Turkey & Gravy (2m) 4 Mashed Potatoes (1/2s) 12 Roll (1wg) 16 Turkey Treat 23 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13</p>	<p>18 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>21 WG Chicken Patty & WG Bun (2m,2.75wg) 36 Green Beans (3/4o) 5 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 642 so=1102</p>	<p>22 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>23 No School</p>	<p>24 Happy Thanksgiving</p>	<p>25 No School</p>
<p>28 WG Chicken Tenders (2m, 1wg) 6 Baked Fries (3/4s) 21 Dinner Roll (1wg) 16 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13 ca= 620 so=700</p>	<p>29 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>30 WG Chicken Nuggets (2m, 1wg) 16 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=602 so=1012</p>	<p><i>Chef, Taco, or Southwestern Salad entrée option every day, served with juice and milk</i></p>	<p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>

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