



# Arlene's September 2021 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></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i></p>	<p>1 Hamburger Patty &amp; WG Bun (2m, 1.75wg) Ketchup Broccoli (3/4g) WG Chips 1wg Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=104 so1187</i></p>	<p>2 Salisbury Steak &amp; Gravy (2m) Mashed Potatoes (3/4s) Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 516 cb=75 so1204</i></p>	<p>3 Chili Cheese Wrap (2m, 2wg) Celery (3/4o) Ranch Bear Grahams (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=600 cb=103 so=997</i></p>
<p>6 Labor Day</p>	<p>7 Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>8 Sliced Turkey, Cheese, &amp; Lettuce on WG Bun (2m, 1.75wg, 1/4g) Mustard Baked Fries (1/2s) Fresh Cut Melon (1/2c) Ketchup, Milk (1c) <i>Ca=650 cb=70 so=1185</i></p>	<p>9 Meatballs &amp; 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>10 Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r) Broccoli (3/4g) Cheez Its (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca= 603 cb=89 so=1199</i></p>
<p>13 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Corn on the Cobb (1/2s) Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 644 cb=84 so=1205</i></p>	<p>14 Crispy WG Chicken Tenders (2m, 1wg) BBQ Sauce WG Dinner Roll (1wg) Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 605 cb=0 so=890</i></p>	<p>15 BBQ Beef Rib Sandwich &amp; WG Bun (2m, 1.5wg) Corn (3/4s) WG Nacho Chips (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 625 cb=98 so=1171</i></p>	<p>16 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) Hash Brown (1/4s) Carrots Sticks (1/2r) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 630 cb=94 so=1127</i></p>	<p>17 Bosco Sticks -2 (1m, 2wg) Marinara (1/8r) Broccoli (3/4g) WG Cheez-its (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=640 cb=108 so=931</i></p>
<p>20 Chicken Corndog (2m, 2wg) Corn (3/4s) Bear Grahams (1wg) Ketchup Whole Apple (1/2c) Milk (1c) <i>ca=620 cb=116 so=781</i></p>	<p>21 Taco Tuesday (.5m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>22 Meatballs &amp; 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>23 Tangy Chicken Patty &amp; WG Bun (2m, 2.75wg) Celery Sticks (3/4o) Ranch Fresh Cut Melon (1/2c) Milk (1c) <i>ca=600 cb=100 so=1027</i></p>	<p>24 Tony's Beef Peperoni Pizza (2m, 2wg, 1/8r) Broccoli (3/4g) Cheez Its (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca= 603 cb=89 so=1199</i></p>
<p>27 Meatball Sub &amp; WG Bun (1.8m, 5 mballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing WG Cheez-its (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i></p>	<p>28 WG BBQ Chicken Patty &amp; WG Bun (2m, 2.75wg) BBQ Sauce Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=98 so=1171</i></p>	<p>29 Hamburger Patty &amp; WG Bun (2m, 1.75wg) Ketchup Broccoli (3/4g) WG Chips 1wg Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 640 cb=104 so1187</i></p>	<p>30 Salisbury Steak &amp; Gravy (2m) Mashed Potatoes (3/4s) Dinner Roll (1wg) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 516 cb=75 so1204</i></p>	<p>Daily Cold Lunch Options: Chef Salad Taco Salad Southwestern Salad (veggie) Crispy Chicken Tender Wrap</p>

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

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