



# Arlene's November 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 Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>4 WG Chicken Tenders - 3 (2m, 1wg) 13 Baked Beans (3/4l) 45 Goldfish Pretzels (1wg) 16 BBQ Sauce 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>5 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>6 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Sliced Cucumbers (3/4o) 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>7 Spaghetti &amp; Meatballs – 6 (2m, 1/4r); Roll (1wg) 30 WG Pasta (1/4wg) 30 Carrot Sticks (1/2r) 0 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>8 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Berry Fruit Cup (1/2c) 22 Choc/White Milk (1c) 19/13</p>
<p>11 Corndog (2m, 2wg) 27 Green Beans (3/4o) 6 Cheez-Its (1wg) 14 Ketchup 3 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>12 Taco Tuesday (1m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>13 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Corn (3/4s) 21 Sport Bite Crackers 19 Ketchup 3 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13</p>	<p>14 Macaroni &amp; Cheese (2m, 1wg) 31 WG Roll (1wg) 16 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>15 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>
<p>18 Meatball – 6 Sub (2m, 1/4r, 1.5wg) 35 Carrot Sticks (1/2r) 0 Goldfish Crackers 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>19 Hamburger Patty &amp; WG Bun (2m, 1.75wg) 26 Baked Beans (3/4l) 45 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>20 WG Chicken Tenders - 3 &amp; Waffles - 2 (2m, 3wg) 41 Sliced Cucumbers (3/4o) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>21 <b>Thanksgiving Dinner</b> Roast Turkey &amp; Gravy (2m) 4 Mashed Potatoes (3/4s) 12 WG Roll (1wg) 16 Turkey Treat 23 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>22 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13</p>
<p>25 Beef Chili w Beans (1.5m, 3/8r, 1/8l) 16 Cheddar Cheese (1oz) 0 WG Corn Bread (1wg) 36 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>26 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Ketchup 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p><b>Thanksgiving Break</b></p>	<p>-----&gt;</p>	<p>-----&gt;</p>

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

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