Arlene's December 2026 High School Lunch Menu

Carbs listed for each item in blue font. Fresh fruits and vegetables may vary due to availability. Please check with your lunch server daily. *Chef, Taco, Buffalo Chicken, Southwestern Salad and Boxed Sandwich lunch option available every day. Salads and Sandwiches are served with daily vegetable and fruit.*	1 **Meatballs & Mashed Potatoes** Meatballs (6 = 2m) 8 Mashed Potatoes (1c) 22 Beef Gravy (1/8c) 2 WG Roll (1wg) 16 Cheez Its (1wg) 14 Orange (1/2c) 8 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	2 **Orange Chicken w Rice** Popcorn Chkn (4o z=2m,1wg) 19 Rice (1/4c = 0.5oz) 11 Zesty Orange Sauce (1 tbsp) 9 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 Apple (1/2c) 25 Goldfish Pretzels (1wg) 16 Fortune Cookie 4 Choc/White Milk (1c) 19/13	3 **Chicken Pasta Alfredo** Penne Pasta (1/4c) 15 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (1c) 5 Cheez Its (1wg) 14 100% Fruit Juice (1/2c) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	4 **Bosco Sticks** Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Mango Veg Juice (1/2c) 14 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 10 Apple (1/2c) 25 Choc/White Milk (1c) 19/13 EARLY RELEASE DAY!
7 **Beef Hot Dog & Tater Tots** Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Squares (14 = 1c) 28 Cheez Its (1wg) 14 Apple (1/2c) 25 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 **Burrito Bowl** Turkey Crumbles (1m) 0 Rice (1/4c = 0.5oz) 11 Black Beans (3/4c) 18 Cheddar Cheese (0.5m) 0 Salsa Cup (1/4c) 0 WG Nacho Chips (1wg) 19 Cheez Its (1wg) 14 Pinapl (1/2c) 10; Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 **Boneless Wings** Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbsp) 18 Bear Cracker (1wg) 21 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 **Baked Pasta & Meat Sauce** Cavatappi Pasta (1/4c) 15 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 Cheez Its (1wg) 14 WG Roll (1wg)16 Carrot Sticks (3/4c) 0; Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13	11 **Turkey Pepperoni Pizza** Turkey Pep Pizza (2m/2wg) 33 Cheez Its 14 Broccoli (1c) 5 Banana (1/2c) 18 Apple (1/2c) 25 Choc/White Milk (1c) 19/13
14 **Chicken Patty on WG Bun** WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (1c) 21 Goldfish Pretzels (1wg) 16 Apple Crisps (1/2c) 10 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	15 **Taco Tuesday** Ground Turkey Crmbls (0.5m) 1 Refried Beans (1c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Cheez Its (1wg) 14 Orange (1/2c) 8 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 **Teriyaki Chicken w Rice** Popcorn Chkn (4o z=2m,1wg) 19 Rice (1/4c = 0.5oz) 11 Teriyaki Sauce (1 tbsp) 4 Sliced Cucumbers (1c) 3 Banana (1/2c) 18 Apple (1/2c) 25; Cheez Its (1wg) 14 Fortune Cookie 4 Choc/White Milk (1c) 19/13	17 **Spaghetti & Meatballs** Spaghetti Pasta (1/4c) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll x2 (2wg) 16 Broccoli (3/4c) 5 Apple (1/2c) 25 100% Fruit Juice (1/2c) 14 Choc/White Milk (1c) 19/13	18 **Bosco Sticks** Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Cherry Veg Juice (1/2c) 13 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 10 Apple (1/2c) 25 Choc/White Milk (1c) 19/13 EARLY RELEASE DAY!



MENU SUBJECT TO CHANGE
MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER