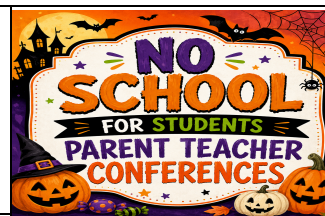




Arlene's October 2026 K-8 Lunch Menu

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 and Southwestern Salad option available every day. Salads are served with daily vegetable and fruit.		1 Spaghetti & Meatballs Spaghetti Pasta (1/4c) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Watermelon (1/2c) 8 Choc/White Milk (1c) 19/13	
5 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	6 Taco Tuesday Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	7 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	8 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	9 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 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13
12 Beef Hot Dog & Tater Tots Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	13 Hamburger Patty on WG Bun Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Graham Crackers (0.5wg) 11 Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13	14 Orange Chicken w Rice Popcorn Chkn (4oz z=2m,1wg) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (1 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	15 Baked Pasta & Meat Sauce Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg)16 Carrot Sticks (1/2c) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	16 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13
19 Chicken Taquito Chicken Taquito (1=2m,2wg) 24 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple (1/2c) 25 Choc/White Milk (1c) 19/13	20 Chicken Patty on WG Bun WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	21 Pancakes & Sausage Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2g) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13	22 Chicken Pasta Alfredo Penne Pasta (1/4c) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	23 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 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13
26 Chicken Tenders WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13	27 Cheesy Fiesta Burrito Taco Meat, Rice & Cheese Burrito (2m/2g) 50 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Watermelon (1/2c) 21 Choc/White Milk (1c) 19/13	28 Teriyaki Chicken w Rice Popcorn Chkn (4oz z=2m,1wg) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (1 tbsp) 4 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13	29 Baked Pasta & Meat Sauce Cavatappi Pasta (1/4c) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg)16 Carrot Sticks (1/2c) 0 Orange (1/2c) 8 Choc/White Milk (1c) 19/13	30 Boneless Wings Boneless Chkn (4oz=2m,1wg) 19 BBQ Sauce (1 tbsp) 18 Bear Cracker (1wg) 21 Broccoli (3/4c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13