



# Arlene's March 2024 K-8 Lunch Menu

<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>	<i>Sides - Fruits and Vegetables listed by group and measured in cups.</i>  <i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i>			1  No School
4 Beef Hot Dog & WG Bun <b>22</b> (2m, 1.5wg) Ketchup <b>3</b> Baked Fries (3/4l) <b>33</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b>	5 Hamburger Patty & WG Bun (2m, 1.75wg) <b>27</b> Baked Beans (3/4l) <b>44</b> Ketchup <b>3</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>	6 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) <b>43</b> Celery Sticks (3/4o) <b>7</b> Syrup Cup <b>29</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b>	7 Spaghetti & Meatballs – 6 (2m, 1/4r) <b>24</b> Roll (1wg) <b>30</b> WG Pasta (1/4wg) <b>1</b> Carrot Sticks (1/2r) <b>0</b> Orange (1/2c) <b>11</b> Choc/White Milk (1c) <b>19/13</b>	8 BBQ Beef Rib & WG Bun (2m, 1.5wg) <b>33</b> Broccoli (3/4g) <b>5</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>
11 WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Graham Pack (.5wg) <b>11</b> Baked Fries (3/4l) <b>33</b> Ketchup <b>3</b> BBQ Sauce <b>5</b> Fruit Slushy <b>23</b> Choc/White Milk (1c) <b>19/13</b>	12 Taco Tuesday (1/2oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (3/4l) <b>36</b> Cheddar Cheese (1oz) <b>0</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>	13 Meatball – 6 - Sub (2m, 1/4r, 1.5wg) <b>29</b> Carrot Sticks (1/2r) <b>0</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>	14 Sloppy Joe & WG Bun (2m, 1.75wg, 1/8r) WG <b>32</b> Celery Sticks (3/4o) <b>7</b> WG Sport Crackers <b>19</b> Whole Apple (1/2c) <b>34</b> Choc/White Milk (1c) <b>19/13</b>	15 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) <b>32</b> Broccoli (3/4g) <b>5</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>
18 Hamburger Patty & WG Bun (2m, 1.75wg) <b>27</b> Baked Beans (3/4l) <b>44</b> Ketchup <b>3</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>	19 Meatballs -6, Mashed Potatoes & Gravy (2m, 3/4s) <b>38</b> Dinner Roll (1wg) <b>30</b> Apple (1/2c) <b>25</b> Choc/White Milk (1c) <b>19/13</b>	20 WG Chicken Patty & WG Bun (2m, 2.75wg) <b>38</b> BBQ Sauce <b>5</b> Celery Sticks (3/4o) <b>7</b> Fresh Melon (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>	21 Spaghetti & Meatballs – 6 (2m, 1/4r) <b>24</b> Roll (1wg) <b>16</b> WG Pasta (1/4wg) <b>1</b> Carrot Sticks (1/2r) <b>0</b> Orange (1/2c) <b>11</b> Choc/White Milk (1c) <b>19/13</b>	22 Turk Pep Pizza (2m, 2wg) <b>33</b> Broccoli (3/4g) <b>5</b> Bear Cracker <b>21</b> Banana (1/2c) <b>18</b> Choc/White Milk (1c) <b>19/13</b>
25  No School	26  No School	27  No School	28  No School	29  No School

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

**“this institution is an equal opportunity provider”**

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](https://www.ascr.usda.gov/complaint_filing_cust.html), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](https://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.