



Arlene's August 2024 High School Halal 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 Soy-Nut Butter & Jelly Sandwich (2m, 2wg) 53 Broccoli (1c) 5 Peach (1/2c) 15 Choc/White Milk (1c) 19/13</p>	<p>2 Deli Turkey Ham & Cheese Sandwich (2m, 1.75wg) 25 Mustard 0 Cheez Its (1wg) 14 Celery (1c) 7 Peach (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>5 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Baked Beans (1l) 44 Apple (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>6 Soy-Nut Butter & Jelly Sandwich (2m, 2wg) 53 Broccoli (1c) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>7 Hamburger Patty in WG Bun (2m, 1.75wg) 27 Baked Fries (1s) 33 Peach (1/2c) 15 Choc/White Milk (1c) 19/13</p>	<p>8 Deli Turkey & Cheese Sandwich (2m, 1.75g) 25 Mustard & Ranch 0 Sport Bite Crackers (1wg) 21 Celery Sticks (1c) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>9 Deli Turkey Ham & Cheese Sandwich (2m, 1.75g) 25 Mustard & Ranch 0 Animal Crackers (1wg) 21 Carrots/Tomato (1/2c, 1/4c) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13</p>
<p>12 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (1l) 44 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>13 WG Chicken Nuggets - 5 (2m, 1wg) 13 Graham Pack (.5wg) 11 Baked Fries (1s) 33 Ketchup 3 BBQ Sauce 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>14 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (1o) 7 Orange (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>15 Spaghetti & Beef Crumbles (2m, 1/4r); Roll (1wg) 35 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>16 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Broccoli (1g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>19 Cheese Pizza (2m, 2wg) 33 Green Beans (1s) 5 Cheez Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>20 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (1l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>21 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Carrot Sticks (1r) 0 Goldfish Crackers 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>22 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (1s) 33 Ketchup 3 Peach (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>23 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Broccoli (1/2g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>26 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (1s) 33 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>27 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (1l) 44 Ketchup 3 Melon (1/2c) 18/25 Choc/White Milk (1c) 19/13</p>	<p>28 WG Chicken Tenders -3 & Waffles -2 (2m, 3wg) 43 Celery Sticks (1o) 7 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>29 Chicken Parmesan - Chicken Patty & Bun (2m, 2.75wg) 38 Marinara (1/4r) 0 Parmesan Packet 0 Carrot Sticks (1/2r) 0 Orange (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>30 Cheese Pizza (2m, 2wg) 33 Broccoli (1g) 5 Bear Cracker 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>

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

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