



Arlene's December 2023 Halal K-8 Lunch Menu

<i>r = red/orange</i> <i>l = legume, o = other</i> <i>s = starchy, g = green</i>	<i>Carbs are listed for each item in blue font. Fresh fruits and vegetables may vary each day due to ripeness and availability. Please check with your lunch server daily.</i>			1 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 ca=636 so=1093
4 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Ranch 6 Baked Beans (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	5 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	6 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Green Beans (3/4o) 6 Dinner Roll (1wg) 16 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13 ca = 620 so = 1010	7 Spaghetti (2m, 1/4r) Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	8 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 630 so = 810
11 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 Ketchup 3 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 620 so = 835	12 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	13 WG Chicken Patty & WG Bun (2m, 2.75wg) 42 Green Beans (3/4o) 6 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 650 so = 1056	14 Beef Gyro (2m) 2 WG Pita Bread (2wg) 32 Tomatoes (1/4r) 4 Cucumbers (4) 1 Shredded Romain (1c) 2 Craisins 28 Ranch 2 Choc/White Milk (1c) 19/13 ca=603 so=1068	15 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 a=636 so=1093
18 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Ranch 6 Baked Beans (3/4l) 33 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	19 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Ketchup 3 Baked Fries (3/4s) 21 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca = 630 so = 1030	20	21	22

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

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