



Arlene's November 2024 K-8 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 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>
<p>4 WG Chicken Nuggets - 4 (2m, 1wg) 13 Baked Beans (3/4l) 45 Goldfish Pretzels (1wg) 16 BBQ Sauce 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>5 NO SCHOOL</p>	<p>6 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Sliced Cucumbers (3/4o) 3 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>7 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>8 Cheese Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Berry Fruit Cup (1/2c) 22 Choc/White Milk (1c) 19/13</p>
<p>11 WG Chicken Nuggets - 4 (2m, 1wg) 13 Green Beans (3/4o) 6 Cheez-Its (1wg) 14 Ketchup 3 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>12 Taco Tuesday (1m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>13 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Corn (3/4s) 21 Sport Bite Crackers 19 Ketchup 3 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13</p>	<p>14 Macaroni & Cheese (2m, 1wg) 31 WG Roll (1wg) 16 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>15 WG Bosco Sticks – 2 (2m, 2wg) 33 Marinara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Carrot Sticks (1/2r) 0 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>
<p>18 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Carrot Sticks (3/4r) 0 Goldfish Crackers 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>19 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Beans (3/4l) 45 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>20 WG Chicken Nuggets - 4 & Waffles - 2 (2m, 3wg) 41 Sliced Cucumbers (3/4o) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>21 Thanksgiving Dinner Roast Turkey & Gravy (2m) 4 Mashed Potatoes (3/4s) 12 WG Roll (1wg) 16 Turkey Treat 23 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>22 NO SCHOOL</p>
<p>25 WG Chicken Nuggets - 4 (2m, 1wg) 13 Green Beans (3/4o) 6 Cheez-Its (1wg) 14 Ketchup 3 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>26 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Ketchup 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>27 NO SCHOOL</p>	<p>28 Thanksgiving Break</p>	<p>29 Thanksgiving Break</p>

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

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