



Arlene's October 2023 Halal K-8 Lunch Menu

<p>2 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 <i>ca = 620 so = 1010</i></p>	<p>3 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 <i>ca = 630 so = 1030</i></p>	<p>4 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Ranch 6 Mashed Potatoes (3/4s) 14 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 <i>ca = 630 so = 1030</i></p>	<p>5 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 <i>ca = 650 so = 1056</i></p>	<p>6 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 <i>ca=636 so=1093</i></p>
<p>9 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 <i>ca = 630 so = 1030</i></p>	<p>10 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 <i>ca = 630 so = 1030</i></p>	<p>11 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 <i>ca = 620 so = 1010</i></p>	<p>12 Spaghetti (2m, 1/4r) 12 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 <i>ca = 630 so = 1030</i></p>	<p>13 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 <i>ca = 630 so = 810</i></p>
<p>16 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 <i>ca = 620 so = 835</i></p>	<p>17 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 <i>ca = 630 so = 1030</i></p>	<p>18 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 <i>ca = 650 so = 1056</i></p>	<p>19 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 <i>ca=603 so=1068</i></p>	<p>20 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13 <i>ca=636 so=1093</i></p>
<p>23 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 <i>ca = 630 so = 1030</i></p>	<p>24 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 <i>ca = 630 so = 1030</i></p>	<p>25 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Corn (3/4s) 30 Dinner Roll (1wg) 16 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13 <i>ca = 620 so = 1010</i></p>	<p>26 Spaghetti (2m, 1/4r) 12 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 <i>ca = 630 so = 1030</i></p>	<p>27 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 <i>ca = 630 so = 810</i></p>
<p>30 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 <i>ca = 620 so = 1010</i></p>	<p>31 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 <i>ca = 630 so = 1030</i></p>		<p><i>r = red/orange l = legume, o = other s = starchy, g = green</i></p>	<p><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></p>

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

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