



# Arlene's October 2024 High School 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>1 Taco Tuesday (1oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (1l) <b>36</b> Carrot Sticks (1/2r) <b>0</b> Cheddar Cheese (1oz) <b>0</b> Banana (1/2c) <b>18</b>; Apple (1/2c) Cheez Its (1wg) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>2 WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Corn (1s) <b>21</b> Bear Crackers (1wg) <b>21</b> BBQ Sauce <b>3</b> Pineapple (1/2c) <b>13</b> 100% Fruit Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>3 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) <b>38</b> BBQ Sauce <b>3</b> Sport Bite Crackers (1wg) <b>19</b> Broccoli (1g) <b>5</b> Apple (1/2c) <b>25</b> Berry Fruit Cup (1/2c) <b>20</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>4 WG Bosco Sticks – 2 (2m, 2wg) <b>33</b> Marinara - 2 (1/4r) <b>8</b> Graham Crackers (1wg) <b>11</b> Carrot Sticks (3/4r) <b>0</b> Craisins (1/2c) <b>28</b>; Apple (1/2c) Choc/White Milk (1c) <b>19/13</b></p>
<p>7 Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>26</b> Baked Fries (1s) <b>33</b> Goldfish Crackers (1wg) <b>14</b> Apple Chips (1/2c) <b>10</b>; 100% Fruit Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>8 WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Baked Beans (1l) <b>45</b> Graham Crackers (1wg) <b>11</b> BBQ Sauce <b>3</b> Melon (1/2c) <b>18</b>; Apple (1/2c) Choc/White Milk (1c) <b>19/13</b></p>	<p>9 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) <b>38</b> BBQ Sauce <b>3</b> Sliced Cucumbers (1o) <b>3</b> Apple (1/2c) <b>25</b> Peach Fruit Cup (1/2c) <b>21</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>10 Spaghetti &amp; Beef Crumbles – 7 (2m, 1/4r); Roll (1wg) <b>30</b> WG Pasta (1/4wg) <b>30</b> Sport Bite Crackers (1wg) <b>19</b> Carrot Sticks (3/4r) <b>0</b> Banana (1/2c) <b>18</b>; Apple (1/2c) Choc/White Milk (1c) <b>19/13</b></p>	<p>11 WG Chicken Tenders - 3 &amp; Waffles - 2 (2m, 3wg) <b>41</b> Broccoli (1g) <b>5</b> Berry Fruit Cup (1/2c) <b>20</b> Craisins (1/2c) <b>28</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>14 Cheese Pizza (2m, 2wg) <b>33</b> Broccoli (1g) <b>5</b> Bear Cracker <b>21</b> Craisins (1/2c) <b>28</b> Berry Fruit Cup (1/2c) <b>20</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>15 Taco Tuesday (1oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (1l) <b>36</b> Carrot Sticks (1/2r) <b>0</b> Cheddar Cheese (1oz) <b>0</b> Banana (1/2c) <b>18</b>; Apple (1/2c) Cheez Its (1wg) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>16 Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>26</b> Baked Fries (1s) <b>33</b> Bear Crackers (1wg) <b>21</b> Apple Chips (1/2c) <b>10</b> 100% Fruit Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>17 Macaroni &amp; Cheese (2m, 1wg) <b>31</b> Roll (1wg) <b>16</b>; Broccoli (1g) <b>5</b> Sport Bite Crackers (1wg) <b>19</b> Apple (1/2c) <b>25</b> Peach Fruit Cup (1/2c) <b>21</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>18 NO SCHOOL</p>
<p>21 Beef Hot Dog &amp; WG Bun (2m, 1.5wg) <b>22</b> Baked Fries (1s) <b>33</b> Goldfish Crackers (1wg) <b>14</b> Apple (1/2c) <b>25</b> Peach Fruit Cup (1/2c) <b>21</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>22 Hamburger Patty &amp; WG Bun (2m, 1.75wg) <b>26</b> Baked Beans (1l) <b>44</b> Ketchup <b>3</b> Cheez Its (1wg) <b>14</b> Melon (1/2c) <b>18</b>; 100% Fruit Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>23 WG Chicken Tenders - 3 &amp; Waffles - 2 (2m, 3wg) <b>41</b> Sliced Cucumbers (1o) <b>3</b> Banana (1/2c) <b>18</b>; Apple (1/2c) Choc/White Milk (1c) <b>19/13</b></p>	<p>24 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) <b>38</b> BBQ Sauce <b>3</b> Sport Bite Crackers (1wg) <b>19</b> Broccoli (1g) <b>5</b> Apple (1/2c) <b>25</b> Berry Fruit Cup (1/2c) <b>20</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>25 Cheese Pizza (2m, 2wg) <b>33</b> Broccoli (1g) <b>5</b> Bear Cracker <b>21</b> Craisins (1/2c) <b>28</b> Berry Fruit Cup (1/2c) <b>20</b> Choc/White Milk (1c) <b>19/13</b></p>
<p>28 Sloppy Joe &amp; WG Bun (2m, 1.75wg, 1/8r) WG <b>32</b> Celery (1o) <b>7</b> Cheez-Its (1wg) <b>14</b> Apple (1/2c) <b>25</b> Peach Fruit Cup (1/2c) <b>21</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>29 Taco Tuesday (1oz) <b>1</b> WG Nacho Chips (1wg) <b>18</b> Refried Beans (1l) <b>36</b> Carrot Sticks (1/2r) <b>0</b> Cheddar Cheese (1oz) <b>0</b> Banana (1/2c) <b>18</b>; Apple (1/2c) Cheez Its (1wg) <b>14</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>30 WG Chicken Nuggets - 5 (2m, 1wg) <b>13</b> Corn (1s) <b>21</b> Bear Crackers (1wg) <b>21</b> BBQ Sauce <b>3</b> Pineapple (1/2c) <b>13</b> Peach Fruit Cup (1/2c) <b>21</b> Choc/White Milk (1c) <b>19/13</b></p>	<p>31 WG Chicken Patty &amp; WG Bun (2m, 2.75wg) <b>38</b> BBQ Sauce <b>3</b> Sport Bite Crackers (1wg) <b>19</b> Broccoli (1g) <b>5</b> Apple (1/2c) <b>25</b> Berry Fruit Cup (1/2c) <b>20</b> Choc/White Milk (1c) <b>19/13</b></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>

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

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