



Arlene's September 2024 K-8 Halal Lunch Menu

<p>2 Labor Day</p>	<p>3 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Peach (1/2c) 15 Choc/White Milk (1c) 19/13</p>	<p>4 WG Chicken Nuggets - 4 (2m, 1wg) 13 Corn (3/4s) 22 Graham Pack (.5wg) 11 BBQ Sauce 5 Fruit Slushy (1/2c) 22 Choc/White Milk (1c) 19/13</p>	<p>5 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>6 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Graham Pack (.5wg) 11 Broccoli (1/2g) 5 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>
<p>9 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>10 WG Chicken Nuggets - 4 (2m, 1wg) 13 Baked Beans (3/4l) 44 BBQ Sauce 5 Pineapple (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>11 WG Chicken Patty & WG Bun (2m,2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>12 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>13 WG Chicken Nuggets - 4 & Waffles -2 (2m, 3wg) 43 Broccoli (3/4g) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>16 Cheese Pizza (2m, 2wg) 33 Green Beans (3/4s) 5 Cheez Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>17 Taco Tuesday (1oz) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1oz) 0 Melon (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>18 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Fries (3/4s) 33 Ketchup 3 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>19 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>20 WG Bosco Sticks - 2 & Marinara (2m, 2wg, 1/4r) 32 Graham Pack (.5wg) 11 Broccoli (1/2g) 5 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>23 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 33 Apple Chips (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>24 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 44 Ketchup 3 Melon (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>25 WG Chicken Nuggets - 4 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>26 Chicken Parmesan - Chicken Patty & Bun (2m,2.75wg) 38 Marinara (1/4r) 0 Parmesan Packet 0 Carrot Sticks (1/2r) 0 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>27 Cheese Pizza (2m, 2wg) 33 Green Beans (3/4s) 5 Cheez Its (1wg) 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>30 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</p>			<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>

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

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