



Arlene's May 2024 Halal K-8 Lunch Menu

<p><i>r = red/orange</i> <i>l = legume, o = other</i> <i>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>	<p>1 WG Chicken Nuggets - 4 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>2 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</p>	<p>3 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13</p>
<p>6 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</p>	<p>7 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</p>	<p>8 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Mashed Potatoes (3/4s) 14 Dinner Roll (1wg) 16 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13</p>	<p>9 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>10 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13</p>
<p>13 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Ketchup 3 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13</p>	<p>14 Beef Crumbles, Mashed Potatoes & Gravy (2m, 3/4s) Dinner Roll (1wg) 16 Whole Apple (1/2c) 0 Choc/White Milk (1c) 24/13</p>	<p>15 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Celery Sticks (3/4o) 7 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>16 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</p>	<p>17 WG Chicken Nuggets - 4 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>
<p>20 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</p>	<p>21 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</p>	<p>22 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</p>	<p>23 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>24 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13</p>
<p>27 Memorial Day</p>	<p>28 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Ketchup 3 Baked Beans (3/4l) 33 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13</p>	<p>29 WG Chicken Nuggets - 4 & Waffles -2 (2m, 3wg) 43 Celery Sticks (3/4o) 7 Syrup Cup 29 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>30 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</p>	<p>31 WG Pizza Sticks - 2 & Marinara (2m, 2wg, 1/8r) 32 Broccoli (3/4g) 5 Pineapple 13 Choc/White Milk (1c) 19/13</p>

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

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