



Arlene's August 2025 K-8 Breakfast Menu

<i>Carbs listed for each item in blue font</i>				1 Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
4 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	5 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	7 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
11 CTC Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	12 Chocolate Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	13 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	14 Cherry Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Chocolate Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
18 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	19 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	21 Pumpkin Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
25 Fruit Loops Cereal Pouch (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	26 Strawberry Pop Tart (1wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	27 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	28 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	29 Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13

MENU SUBJECT TO CHANGE
 MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
 NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Arlene's August 2025 K-8 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, Buffalo Chicken and Southwestern Salad option available every day.</i></p>			<p>1 <u>Bosco Sticks</u> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Bear Cracker (1wg) 21 Carrot Sticks (1/2c) 0 Peach (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>4 <u>Beef Hot Dog & Tater Tots</u> Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>5 <u>Taco Tuesday</u> Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Peach (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>6 <u>Teriyaki Chicken w Rice</u> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Celery Sticks (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13</p>	<p>7 <u>Spaghetti & Meatballs</u> Spaghetti Pasta (1/4g) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 13 Choc/White Milk (1c) 19/13</p>	<p>8 <u>Turkey Pepperoni Pizza</u> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>11 <u>Chicken Tenders</u> WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Craisins (1/2c) 34 Choc/White Milk (1c) 19/13</p>	<p>12 <u>Breakfast Sausage & Potatoes</u> Turkey-Sausage Links (2 = 2m) 1 Tater Tots (12 = 3/4c) 24 Cheddar Cheese (1m) 0 Bear Cracker (1wg) 21 Hot Sauce 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>13 <u>Chicken & Waffles</u> WG Chicken Tenders (3 = 2m/1wg) 13 Eggo Waffles (2 = 2wg) 28 Sliced Cucumbers (3/4c) 3 Watermelon (1/2c) 11 Choc/White Milk (1c) 19/13</p>	<p>14 <u>Orange Chicken w Rice</u> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (2 tbsp) 17 Carrot Sticks (1/2c) 0 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13</p>	<p>15 <u>Bosco Sticks</u> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Broccoli (3/4c) 5 Peach (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>18 <u>Chicken Nuggets</u> WG Chicken Nuggets (5 = 2m, 1wg) 13 Green Beans (3/4c) 6 WG Roll (1wg) 16 BBQ Sauce 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>19 <u>Taco Tuesday</u> Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Orange (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>20 <u>Hamburger & Tater Tots</u> Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Tater Tots (12 = 3/4c) 24 Graham Crackers (0.5wg) 11 Ketchup 3 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>21 <u>Meatball Sub</u> Meatballs (6 = 2m) 8 Marinara (1/4c) 6 WG bun (1.5wg) 21 Carrot Sticks (1/2c) 0 Goldfish Crackers (1wg) 14 Peach (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>22 <u>Turkey Pepperoni Pizza</u> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>25 <u>Chicken Corn Dog</u> Chicken Corn Dog (2m/1wg) 13 Goldfish Pretzels (1wg) 16 Green Beans (3/4c) 6 Peach (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>26 <u>Chicken Patty on WG Bun</u> WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Graham Crackers (0.5wg) 11 BBQ Sauce 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>27 <u>Chicken Chili Taquitos</u> Chicken Taquitos (1=1m, 1wg) 24 Corn (3/4c) 21 Graham Crackers (0.5wg) 11 Hot Sauce 0 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>28 <u>Sloppy Joe</u> Sloppy Joe Turkey (2m, 1/4r) 16 WG Bun (1.75wg) 25 WG Sport Crackers (1wg) 19 Broccoli (3/4c) 5 Orange (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>29 <u>Bosco Sticks</u> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Bear Cracker (1wg) 21 Carrot Sticks (1/2c) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>

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