



Arlene's December 2024 K-8 Breakfast Menu

2	Cereal Bar (1wg) 30 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	3	Chocolate Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	4	Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	5	Apple Strudel Pastry (2wg) 38 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6	Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
9	Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10	Super Breakfast Ring (1g) 27 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	11	Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	12	Banana Bread (2wg) 43 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	13	Corn Muffin (2wg) 36 Berry Fruit Cup (1/2c) 22 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
16	Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17	Blueberry Muffin (2wg) 36 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	18	Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	19	Chocolate Bread (2wg) 43 Crustins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20	Mini Cinnis (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
Holiday Break									

_____								<i>Carbs listed for each item in blue font</i>	

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

"this institution is an equal opportunity provider"

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or provided genetic information in employment or in any program or activity conducted or funded by the Department. (For all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.asec.usda.gov/complaint_filing_csr.html, or at any USDA office, or call (866) 632-6992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 680-7442 or email at program_mtake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Arlene's December 2024 K-8 Lunch Menu

<p>2 Hamburger Patty & WG Bun (2m, 1.75wg) 25 Baked Beans (3/4l) 45 Ketchup 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>3 WG Chicken Nuggets (2m, 1wg) - 5 13 Green Beans (3/4c) 6 Cheez-Its (1wg) 14 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>4 Meatballs (6), Mashed Potatoes & Gravy (2m, 3/4s) 41 WG Roll (1wg) 16 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>5 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Broccoli (3/4g) 5 Crustins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>6 WG Bosco Sticks - 2 (2m, 2wg) 33 Marhara - 2 (1/4r) 8 Bear Cracker 21 Carrot Sticks (1/2r) 0 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>
<p>9 Meatball - 6 Sub (2m, 1/4r, 1.5wg) 35 Carrot Sticks (1/2r) 0 Goldfish Crackers 14 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>10 Taco Tuesday (1m) 1 WG Nacho Chips (1wg) 18 Refried Beans (3/4l) 36 Cheddar Cheese (1m) 0 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>11 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Corn (3/4s) 21 Sport Bile Crackers 19 Ketchup 3 Watermelon (1/2c) 6 Choc/White Milk (1c) 19/13</p>	<p>12 Macaroni & Cheese (2m, 1wg) 31 WG Roll (1wg) 16 Sliced Cucumbers (3/4c) 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>13 Turk Ppp Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Bear Cracker 21 Berry Fruit Cup (1/2c) 22 Choc/White Milk (1c) 19/13</p>
<p>16 WG Chicken Tenders - 3 (2m, 1wg) 13 Baked Beans (3/4l) 45 Goldfish Pretzels (1wg) 16 BBQ Sauce 3 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>17 Hamburger Patty & WG Bun (2m, 1.75wg) 26 Baked Fries (3/4s) 33 Ketchup 3 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>18 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 BBQ Sauce 5 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>19 Beef Chili w Beans (1.5m, 3/8r, 1/8l) 16 Cheddar Cheese (1oz) 0 WG Corn Bread (1wg) 36 Carrot Sticks (1/2r) 0 Melon (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>20 WG Bosco Sticks - 2 (2m, 2wg) 33 Marhara - 2 (1/4r) 8 Graham Crackers (1wg) 11 Broccoli (1/2g) 5 Peach Fruit Cup (1/2c) 21 Choc/White Milk (1c) 19/13</p>
Holiday Break				

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

"this institution is an equal opportunity provider"

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or provided genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at <http://www.asec.usda.gov/complaint>, filing, cast, thru, or at any USDA office, or call (866) 682-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or e-mail at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.