



February 2019 K-8 Halal Lunch Menu

<p><i>ca = calories grams</i> <i>cb = carbohydrates grams</i> <i>so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered</i> <i>All bread items whole grain</i></p>	<p><i>m = meat/protein</i> <i>wg = whole grain</i> <i>r = red/orange</i> <i>l = legume</i> <i>o = other</i> <i>s = starchy</i> <i>g = green</i></p>			<p>1 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Ketchup Fresh Broccoli (3/4g) Whole Apple (1/2c) Milk (1c) <i>ca= 620 cb=103 so972</i></p>
<p>4 Bosco Sticks (1m, 2wg) Marinara (1/4r) Corn (1/2s) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=104 so=957</i></p>	<p>5 WG Chicken Nuggets (2m, 1wg) Broccoli (3/4g) Ranch Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=650 cb=112 so=1148</i></p>	<p>6 Walking Taco Beef Crumbles (1m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>7 Spaghetti & Beef Crumbles (2m, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=67 so=1025</i></p>	<p>8 Tony's Pizza (2m, 2wg, 1/8r) Celery Sticks (3/4o) Ranch Dressing Whole Banana (1/2c) Milk (1c) <i>ca= 610 cb=94 so=1017</i></p>
<p>11 Beef Hotdog & WG Bun (2m, 1.50wg) Baked Beans (3/4l) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=84 so=1173</i></p>	<p>12 Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Cut Melon (1/2c) Milk (1c) <i>ca= 610 cb=79 so=1056</i></p>	<p>13 Hot Turkey & Cheese WG Bagel (2.5m, 1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Whole Banana (1/2c) Milk (1c) <i>ca= 650 cb=79 so=1131</i></p>	<p>14 WG Chicken Nuggets (2m, 1wg) Corn (3/4s) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=650 cb=112 so=1148</i></p>	<p>15 Bosco Sticks (1m, 2wg) Marinara (1/4r) Celery Sticks (1/2o) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=104 so=957</i></p>
<p>18 Presidents Day</p>	<p>19 WG Chicken Nuggets (2m, 1wg) Black Bean & Corn Medley (1/4s, 1/2l) Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=650 cb=112 so=1148</i></p>	<p>20 Deli Turkey & Cheese & WG Bun (2.5m, 1.75wg) Green Beans (3/4o) WG Cheez-its (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=114 so=1140</i></p>	<p>21 Beef Meatball Sub & WG Bun (2m, 2 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Grape Slushy (1/2c) Milk (1c) <i>ca= 600 cb=70 so=1196</i></p>	<p>22 WG Grilled Cheese Sandwich (1.5m, 1.5wg) Ketchup Fresh Broccoli (3/4g) Whole Apple (1/2c) Milk (1c) <i>ca= 620 cb=103 so972</i></p>
<p>25 Bosco Sticks (1m, 2wg) Marinara (1/4r) Corn (1/2s) Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=104 so=957</i></p>	<p>26 WG Chicken Nuggets (2m, 1wg) Broccoli (3/4g) Ranch Dinner Roll (1wg) Whole Banana (1/2c) Milk (1c) <i>ca=650 cb=112 so=1148</i></p>	<p>27 Walking Taco Beef Crumbles (1m) WG Doritos (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>28 Spaghetti & Beef Crumbles (2m, 1/4r marinara) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Cut Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=67 so=1025</i></p>	

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

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