



# Arlene's April 2026 K-8 Breakfast Menu

<p><i>Carbs listed for each item in blue font</i></p>		<p>1 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>2 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>3 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>6 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>7 Blueberry Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>8 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>9 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>10 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>13 Nutri-Grain Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>14 Strawberry Pop Tart (1wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>15 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>16 Blueberry Muffin (2wg) 36 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>17 Cinnamon Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>20 Apple/Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>21 Chocolate Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>22 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>23 Chocolate Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>24 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>
<p>27 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>28 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>29 Cinnamon Bun (2wg) 34 Apple (1/2c) 25 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	<p>30 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13</p>	

MENU SUBJECT TO CHANGE  
 MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP  
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<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.</i></p>	<p><i>Chef, Taco, Buffalo Chicken and Southwestern Salad option available every day.</i></p>	<p>1 <b><u>Teriyaki Chicken w Rice</u></b> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13</p>	<p>2 <b><u>Spaghetti &amp; Meatballs</u></b> Spaghetti Pasta (1/4g) 30 Marinara (1/4r) 6 Meatballs (6 = 2m) 8 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>3 <b><u>Turkey Pepperoni Pizza</u></b> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Bear Cracker (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>6 <b><u>Chicken Patty on WG Bun</u></b> WG Chicken Patty (2m/1wg) 13 WG Bun (1.75wg) 25 Baked Beans (3/4c) 45 Graham Crackers (0.5wg) 11 Craisins (1/2c) 28 Choc/White Milk (1c) 19/13</p>	<p>7 <b><u>'KFC' Popcorn Chicken Bowl</u></b> Popcorn Chicken (10 = 2m) 19 Mashed Potatoes (1/2c) 16 Corn (1/4c) 7 Beef Gravy 4 WG Roll (1wg) 16 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>8 <b><u>Pancakes &amp; Sausage</u></b> Turkey-Sausage Links (2 = 2m) 1 Eggo Pancakes (2 = 2wg) 30 Syrup Cup 29 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>9 <b><u>Chicken Pasta Alfredo</u></b> Penne Pasta (1/4g) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Broccoli (3/4c) 5 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>10 <b><u>Bosco Sticks</u></b> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Mango Veg Juice (1/2c) 14 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13</p>
<p>13 <b><u>Beef Hot Dog &amp; Tater Tots</u></b> Beef Hot Dog (2m) 12 WG Bun (1.5wg) 21 Tater Tots (12 = 3/4c) 24 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>14 <b><u>Taco Tuesday</u></b> Ground Beef Crumbles (0.5m) 1 Refried Beans (3/4c) 36 Cheddar Cheese (1m) 0 WG Nacho Chips (1wg) 19 Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>15 <b><u>Orange Chicken w Rice</u></b> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Zesty Orange Sauce (2 tbsp) 17 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13</p>	<p>16 <b><u>Baked Pasta &amp; Meat Sauce</u></b> Cavatappi Pasta (1/4g) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>17 <b><u>Turkey Pepperoni Pizza</u></b> Turkey Pep Pizza (2m/2wg) 33 Broccoli (3/4c) 5 Bear Cracker (1wg) 21 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>
<p>20 <b><u>Chicken Chili Taquito</u></b> Chicken Taquito (1=2m,2wg) 24 Baked Beans (3/4c) 45 Graham Crackers (0.5wg) 11 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>21 <b><u>Meatballs &amp; Mashed Potatoes</u></b> Meatballs (6 = 2m) 13 Mashed Potatoes (3/4c) 24 Beef Gravy 4 WG Roll (1wg) 16 Honeydew (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>22 <b><u>Chicken Corn Dog</u></b> Chicken Corn Dog (2m/1wg) 13 Goldfish Pretzels (1wg) 16 Broccoli (3/4c) 5 Apple Crisps (1/2c) 10 Choc/White Milk (1c) 19/13</p>	<p>23 <b><u>Chicken Pasta Alfredo</u></b> Penne Pasta (1/4g) 30 Grill Chicken Strips (3oz= 2m) 19 Alfredo Sauce 6 WG Roll (1wg) 16 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Choc/White Milk (1c) 19/13</p>	<p>24 <b><u>Bosco Sticks</u></b> Bosco Sticks (2 = 2m/2wg) 33 Marinara Pack (2 = 1/4r) 8 Graham Crackers (0.5wg) 11 Cherry Veg Juice (1/2c) 13 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13</p>
<p>27 <b><u>Chicken Tenders</u></b> WG Chicken Tenders (3 = 2m, 1wg) 13 Baked Beans (3/4c) 45 Goldfish Pretzels (1wg) 16 Apple (1/2c) 25 Choc/White Milk (1c) 19/13</p>	<p>28 <b><u>Hamburger Patty on WG Bun</u></b> Hamburger Patty (2m) 1 WG Bun (1.75wg) 25 Tater Tots (12 = 3/4c) 24 Cantaloupe (1/2c) 8 Choc/White Milk (1c) 19/13</p>	<p>29 <b><u>Teriyaki Chicken w Rice</u></b> Popcorn Chicken (10 = 2m) 19 Rice (1/2c = 1oz) 29 Teriyaki Glaze (2 tbsp) 9 Sliced Cucumbers (3/4c) 3 Banana (1/2c) 18 Fortune Cookie 4 Choc/White Milk (1c) 19/13</p>	<p>30 <b><u>Baked Pasta &amp; Meat Sauce</u></b> Cavatappi Pasta (1/4g) 30 Marinara (1/4r) 6 Turkey Crumbles (1m) 0 Mozzarella Cheese (1m) 0 WG Roll (1wg) 16 Carrot Sticks (1/2c) 0 Pineapple (1/2c) 10 Choc/White Milk (1c) 19/13</p>	

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