

**Elementary Lunch Menu
August 2016**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily.</p> <p>Students may select up to two servings of fresh fruit offered daily</p> <p>All meals include a choice of a ½ pint of Milk.</p> <p>We feature the following Mayfield Milk Choices: White Skim (13) White 1% (13) Fat Free Chocolate, Vanilla & Strawberry</p>	<p>RF = Reduced Fat v = Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily</p>	<p>For the benefit of the diabetic student the approximate grams of Carbohydrates per serving is shown in parenthesis</p> <p>All ham used in the KCS Nutrition Program is Turkey Ham</p>		
8	9	10	11	12
Half Day for Students	<p>Choose 1 Entrée Cheese or Pepperoni Pizza(30)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Cheese Calzone(33) w/ ½ cup Marinara Dipping Sauce(3)</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Tater Tots(18) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée 2 WG Max Cheese Sticks(32) w/ ½ cup Marinara Dipping Sauce(3)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Parmesan Potatoes(16) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Mayfield Fudge Stick(10)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>4 WG Crunchy Fish Sticks(23) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>
15	16	17	18	19
<p>Choose 1 Entrée Garlic Cheese Pizza (29) w/ ½ cup Marinara Dipping Sauce(3)</p> <p>Mini Corn Dog Nuggets(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Chicken Fries(11) w/ WG Roll(30)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Potato Smiles(25) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Spaghetti(42) w/ or w/o Meatballs(11) & WG Roll(30)</p> <p>Crispy Chicken Sandwich(15) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Parmesan Potatoes(16) Lima Beans(25) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée 3 WG Chicken Tenders(17) w/ WG Roll(30)</p> <p>Salisbury Steak & Gravy(10) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ or w/o gravy(1) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p>Dessert Reduced Fat/WG Chocolate Chip Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>4 WG Crunchy Fish Sticks(23) w/ WG Cornbread(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
22	23	24	25	26
<p>Choose 1 Entrée Cheese or Pepperoni Pizza(30)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Caesar Salad(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée Brookwood Farms BBQ Sandwich(2) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Bush's Baked Beans(29) Spinach Maria(11) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Breakfast for Lunch Choose 1 Entrée Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Choose up to 3 servings Crispy Hashbrowns(19) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Hot Dog(2) w/ or w/o chili and cheese(3.3) on a WG Bun(31)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Tater Tots(18) Lima Beans(25) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Mayfield Fudge Stick(10)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>4 WG Crunchy Fish Sticks(23) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Sweet Green Peas(11) Caesar Salad(5) Baby Carrots(5)</p>
29	30	31		
<p>Choose 1 Entrée Garlic Cheese Pizza (29) w/ ½ cup Marinara Dipping Sauce(3)</p> <p>Mini Corn Dog Nuggets(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ or w/o gravy(1) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée 1 Fiesta Chicken Soft Taco(22)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Taco Trimmings(4) Sweet Yellow Corn(8) Fresh Steamed Broccoli w/ cheese sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 3 WG Chicken Tenders(17) w/ WG Roll(30)</p> <p>Ham & Cheese(2) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Potato Smiles(25) Sweet Green Peas(11) Caesar Salad(5) Baby Carrots(5)</p>		

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