

## Elementary Lunch Menu September 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><b>We feature the following Mayfield Milk Choices:</b> White Skim (13) White 1% (13) Fat Free Chocolate, Vanilla &amp; Strawberry</p>	<p>RF = Reduced Fat v = Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its &amp; 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>		
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
			<p><b>Choose 1 Entrée</b> Spaghetti(42) w/ or w/o Meatballs(11) &amp; WG Roll(30)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Tater Tots(18) Glazed Carrots(12) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert</b> Reduced Fat/ Chocolate Chip Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ Cornbread(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(7)</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<i>Student Holiday</i>	<p><b>Choose 1 Entrée</b> Garlic Cheese Pizza (29)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Tater Tots(18) Sweet Yellow Corn(8) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> 3 WG Chicken Tenders(17) w/ WG Roll(30)</p> <p>Salisbury Steak &amp; Gravy(10) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Mashed Potatoes(17) w/ or w/o gravy(1) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> 2 WG Max Cheese Sticks(32) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Parmesan Potatoes(16) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p> <p><b>Dessert</b> Mayfield Fudge Stick(10)</p>	<p><b>Choose 1 Entrée</b> 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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Hamburger Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p><b>Choose 1 Entrée</b> 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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Caesar Salad(5) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Brookwood Farms BBQ Sandwich(2) on WG Bun(29)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Bush's Baked Beans(29) Spinach Maria(11) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b>Breakfast for Lunch</b> <b>Choose 1 Entrée</b> Chicken(15) &amp; Waffles(32) w/ or w/o syrup(33)</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Crispy Hashbrowns(19) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Hot Dog 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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Oven Baked Fries(17) Lima Beans(25) Garden Salad(2) Veggie Nibbles(7)</p> <p><b>Dessert</b> Reduced Fat/WG Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Chicken Fries(11) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b> Hamburger Trimmings(4) Tater Tots(18) Sweet Green Peas(11) Caesar Salad(5) Baby Carrots(5)</p>

<p style="text-align: right;"><b>19</b></p> <p><b><u>Choose 1 Entrée</u></b> Cheese Calzone(33)</p> <p>Mini Corn Dog Nuggets(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Mashed Potatoes(17) w/ gravy(1) or w/o Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p style="text-align: right;"><b>20</b></p> <p><b><u>Choose 1 Entrée</u></b> Cheese or Pepperoni Pizza(30)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Sweet Yellow Corn(8) Fresh Steamed Broccoli w/ cheese sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p style="text-align: right;"><b>21</b></p> <p><b><u>Choose 1 Entrée</u></b> 3 WG Chicken Tenders(17) w/ WG Roll(30)</p> <p>Ham &amp; Cheese(2) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Sandwich Trimmings Potato Smiles(25) Sweet Green Peas(11) Caesar Salad(5) Baby Carrots(5)</p>	<p style="text-align: right;"><b>22</b></p> <p><b><u>Choose 1 Entrée</u></b> Spaghetti(42) w/ or w/o Meatballs(11) &amp; WG Roll(30)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Tater Tots(18) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p><b><u>Dessert</u></b> Mayfield Fudge Stick(10)</p>	<p style="text-align: right;"><b>23</b></p> <p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
<p style="text-align: right;"><b>26</b></p> <p><b><u>Choose 1 Entrée</u></b> Garlic Cheese Pizza (29)</p> <p>WG Chicken Nuggets(16) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Caesar Salad(5) Baby Carrots(5)</p>	<p style="text-align: right;"><b>27</b></p> <p><b><u>Choose 1 Entrée</u></b> Cheese or Pepperoni Pizza(30)</p> <p>Mini Corn Dog Nuggets(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Tater Tots(18) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p style="text-align: right;"><b>28</b></p> <p><b><u>Choose 1 Entrée</u></b> Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)</p> <p>Crispy Chicken Sandwich(15) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Sandwich Trimmings(4) Oven Baked Fries(17) Lima Beans(25) Garden Salad(2) Baby Carrots(5)</p>	<p style="text-align: right;"><b>29</b></p> <p><b><u>Choose 1 Entrée</u></b> 2 WG Max Cheese Sticks(32) w/ ¼ 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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Parmesan Potatoes(16) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p> <p><b><u>Dessert</u></b> Reduced Fat/ WG Sugar Cookie(18)</p>	<p style="text-align: right;"><b>30</b></p> <p><b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Chicken Fries(11) w/ WG Roll(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b> Hamburger Trimmings(4) Tater Tots(18) Green Beans(4) Caesar Salad(5) Baby Carrots(5)</p>