




Middle & High School Lunch Menu – September 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
|  | RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily |  | KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily. Students may select up to two servings of fresh fruit offered daily. Sandwich Trimmings(4) offered with all sandwich choices | Approximate grams of Carbohydrates per serving is shown in parenthesis Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20) |
| August 31 st | September 1 st | September 2 nd | September 3 rd | September 4 th |
| <p>Choose 1 Entrée Hot option Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>Sweet Yellow Corn(8) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32) Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option Hot Dog on WG Bun(31)</p> <p>Bush's Baked Beans(29) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Veggie Nibbles(7)</p> | <p>Hot option 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Mashed Potatoes(17) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Grilled Chicken(1) Salad w/ WG Roll(32) Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option Chicken(15) & Waffle(32) Sandwich</p> <p>Crispy Hashbrowns(19) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Veggie Nibbles(7)</p> <p>Dessert – Both options offered Orange & White Sidekick or Sour Cherry Lemon Sidekick(22)</p> | <p>Choose 1 Entrée Hot Option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Oven Baked Fries(17) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32) Baby Carrots(5)</p> |
| September 7 th | September 8 th | September 9 th | September 10 th | September 11 th |
| <p>Student Holiday</p> <p style="text-align: center;">  </p> | <p>Choose 1 Entrée Hot option Cheese or Pepperoni Pizza (30)</p> <p>Sweet Yellow Corn(8) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32) Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Tater Tots(18) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Veggie Nibbles(7)</p> | <p>Choose 1 Entrée Hot option Mini Corn Dog Nuggets (32)</p> <p>Curly Fries(25) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32) Baby Carrots(5)</p> <p>Dessert – Both options offered Orange & White Sidekick or Sour Cherry Lemon Sidekick(22)</p> | <p>Choose 1 Entrée Hot option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Bush's Baked Beans(29) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Veggie Nibbles(7)</p> |

| September 14 th | September 15 th | September 16 th | September 17 th | September 18 th |
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| <p>Choose 1 Entrée Hot option Cheese or Pepperoni Pizza Stuffed Crust(31)</p> <p>Sweet Yellow Corn(8) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option 3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>Curly Fries(25) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p>Veggie Nibbles(7)</p> | <p>Choose 1 Entrée Hot option Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Bush's Baked Beans(29) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot Option 3 WG Max Cheese Sticks(48)</p> <p>Green Beans(4) Veggie Nibbles(7)</p> <p>Cold Option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p>Veggie Nibbles(7)</p> <p>Dessert – Both options offered Orange & White Sidekick or Sour Cherry Lemon Sidekick(22)</p> | <p>Choose 1 Entrée Hot Option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Oven Baked Fries(17) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> |
| September 21 st | September 22 nd | September 23 rd | September 24 th | September 25 th |
| <p>Choose 1 Entrée Hot option Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>Sweet Yellow Corn(8) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Glazed Carrots(12) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Veggie Nibbles(7)</p> | <p>Choose 1 Entrée Hot option Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Crispy Hashbrowns(19) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot option 4 Wild Mike's Cheese Bites(28)</p> <p>Tater Tots(18) Veggie Nibbles(7)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Veggie Nibbles(7)</p> <p>Dessert RF Sugar or Chocolate Chip Cookie(18)</p> | <p>Choose 1 Entrée Hot option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Oven Baked Fries(17) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> |
| September 28 th | September 29 th | September 30 th | | |
| <p>Choose 1 Entrée Hot option Cheese or Pepperoni Pizza (30)</p> <p>Sweet Yellow Corn(8) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | <p>Choose 1 Entrée Hot Option 3 WG Max Cheese Sticks(48)</p> <p>Green Beans(4) or Veggie Nibbles(7)</p> <p>Cold Option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p>Veggie Nibbles(7)</p> | <p>Hot option 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Mashed Potatoes(17) Baby Carrots(5)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Baby Carrots(5)</p> | | |

September 2020 Breakfast Menu – All Levels

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
|  | <p><u>Mayfield Milk Choices:</u></p> <p>White Skim (13) White 1% (13) Fat Free Chocolate(20) (No High Fructose Corn Syrup)</p> |  | <p>WG = Whole Grain Equivalent</p> <p>Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day</p> | <p>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>WG Cereal (14-27) WG Post Cereal (14-27) Preschool WG Belly Bears (21)</p> |
| August 31 st | September 1 st | September 2 nd | September 3 rd | September 4 th |
| <p><u>Choose one</u></p> <p>Eggo Confetti Pancakes(36) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/ Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Cinnamon Roll(37) – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> |
| September 7 th | September 8 th | September 9 th | September 10 th | September 11 th |
| <p style="text-align: center;"><i>Student Holiday</i></p> <div style="text-align: center;">  </div> | <p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Apple Cinnamon French Toast(45) – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Twisted Blueberry Stick(24) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> |
| September 14 th | September 15 th | September 16 th | September 17 th | September 18 th |
| <p><u>Choose one</u></p> <p>Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>Cinnamon Roll(37) – Ele/Middle/High WG French Toast Sticks(37) - Preschool or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p><u>Choose one</u></p> <p>WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> |

| September 21 st | September 22 nd | September 23 rd | September 24 th | September 25 th |
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| <p>Choose one WG Mini Breakfast Clusters(38) - Ele/Middle/High WG French Toast Sticks(37) - Preschool</p> <p>or</p> <p>WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one WG Apple Cinnamon French Toast(45) – Ele/Middle/High WG French Toast Sticks(37) - Preschool</p> <p>Or</p> <p>WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one WG Mini Blueberry Waffles(30) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> |
| September 28 th | September 29 th | September 30 th | | |
| <p>Choose one Buttery Maple Snack N' Waffle(37) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | <p>Choose one Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Belly Bears(Preschool/Ele)</p> <p>Milk, Fruit, Juice Choice</p> | | |