

Middle & High School Lunch Menu – August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Uncrustable PBJ or Soy Butter Uncrustable 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) White 1%(13) Fat Free Chocolate(20)
	August 8 th	August 9 th	August 10 th	August 11 th
	<i>Half Day for Students</i>	<u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (42) 8 WG Chicken Nuggets (32) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)	<u>Choose 1 Entrée</u> Mini Corn Dog Nuggets (30) 4 Wild Mike's Cheese Bites (28) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese Stick (1) <u>Side Item</u> Waffle Fries (26) California Blend Mixed Vegetables (5) Garden Salad (2) Veggie Nibbles (5) <u>Dessert</u> Chocolate Chip or Sugar Cookie (18)	<u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27) WG Regular or Spicy Chicken Tenders (6) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Oven Baked Fries (14) Green Beans (4) Caesar Salad (5) Baby Carrots (5)
August 14 th	August 15 th	August 16 th	August 17 th	August 18 th
<u>Choose 1 Entrée</u> Stuffed Crust Cheese or Pepperoni Pizza (31) 8 WG Chicken Nuggets (32) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Green Peas (11) Garden Salad (2) Baby Carrots (5)	<u>Choose 1 Entrée</u> Hot Dog w/or w/o chili and cheese (13) on WG Bun (26) Southwest Chicken Salad (22) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Tater Tots (19) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)	Early Release Day Box Lunch Options – Crispy Chicken (15) Sandwich on WG Bun (30) w/ RF Doritos (19) Deli Sandwich (2) on WG Bun (30) w/ RF Doritos (20) WG Uncrustable PBJ or Soy (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Waffle Fries (26) Baby Carrots (5)	<u>Choose 1 Entrée</u> Bone-In Chicken (11) w/ WG Biscuit (27) Turkey & Cheese (2) on WG Bun (27) w/ RF Doritos (19) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Curry Fries (25) Sweet Yellow Corn (15) Caesar Salad (5) Veggie Nibbles (5) <u>Dessert</u> Cool Tropics Slush	<u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27) WG Crunchy Fish Sticks (22) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Oven Baked Fries (14) Bush's Baked Beans (30) Caesar Salad (5) Baby Carrots (5)

August 21 st	August 22 nd	August 23 rd	August 24 th	August 25 th
<u>Choose 1 Entrée</u> Nardone's Cheese or Pepperoni Pizza (29) 8 WG Chicken Nuggets (32) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)	<u>Choose 1 Entrée</u> 3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3) Grilled BBQ Chicken Sandwich on WG Bun (27) w/ RF Doritos (19) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Tater Tots (19) California Blend Mixed Vegetables (5) Garden Salad (2) Veggie Nibbles (5)	<u>Choose 1 Entrée</u> Cheesy Chicken Nachos (32) Mini Chef w/ Turkey (4) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Bush's Black Beans (30) Caesar Salad (5) Baby Carrots (5)	<u>Choose 1 Entrée</u> Chicken (15) & Waffle Sandwich (23) Corn Dog (30) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Curly Fries (25) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5) <u>Dessert</u> Chocolate Chip or Sugar Cookie (18)	<u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27) WG Crunchy Fish Sticks (22) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Oven Baked Fries (14) Spinach Maria (16) Caesar Salad (5) Baby Carrots (5)
August 28 th	August 29 th	August 30 th	August 31 st	
<u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (42) 8 WG Chicken Nuggets (32) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) <u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Green Peas (11) Garden Salad (2) Baby Carrots (5)	<i>Student Holiday</i>	<u>Choose 1 Entrée</u> Teriyaki Chicken (10) Fried Rice Bowl (54) Mini Chef w/ Ham (4) w/ WG Roll (32) WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) <u>Side Item</u> Sweet Yellow Corn (15) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)	<u>Choose 1 Entrée</u> French Toast Sticks (37) w/ 2 Sausage Patties (3) Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2) <u>Side Item</u> Crispy Hashbrowns (31) Caesar Salad (7) Baby Carrots (5) <u>Dessert</u> Cool Tropics Slush	