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		
	Half Day for Students	Choose 1 Entrée 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) Side Item Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)	Choose 1 Entrée Mini Corn Dog Nuggets (30) 4 Wild Mike's Cheese Bites (28) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese Stick (1) Side Item Waffle Fries (26) California Blend Mixed Vegetables (5) Garden Salad (2) Veggie Nibbles (5) Dessert Chocolate Chip or Sugar Cookie (18)	Choose 1 Entrée 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) Side Item 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		
Choose 1 Entrée 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) Side Item Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Green Peas (11) Garden Salad (2) Baby Carrots (5)	Choose 1 Entrée 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) Side Item 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) Side Item Waffle Fries (26) Baby Carrots (5)	Choose 1 Entrée 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) Side Item Curly Fries (25) Sweet Yellow Corn (15) Caesar Salad (5) Veggie Nibbles (5) Dessert Cool Tropics Slush	Choose 1 Entrée 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) Side Item Oven Baked Fries (14) Bush's Baked Beans (30) Caesar Salad (5) Baby Carrots (5)		

August 21st	August 22 nd	August 23 rd	August 24 th	August 25 th
Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée
Nardone's Cheese or Pepperoni Pizza (29)	3 WG Max Cheese Sticks (48) w/ ¼ cup	Cheesy Chicken Nachos (32)	Chicken (15) & Waffle Sandwich (23)	Charbroiled Hamburger (1) or
	Marinara Dipping Sauce (3)			Cheeseburger (3) on WG Bun (27)
8 WG Chicken Nuggets (32) w/ WG Roll		Mini Chef w/ Turkey (4) w/ WG Roll (32)	Corn Dog (30)	
(32)	Grilled BBQ Chicken Sandwich on WG Bun			WG Crunchy Fish Sticks (22) w/ WG Roll
	(27) w/ RF Doritos (19)	WG Uncrustable PBJ (32) w/ Cheez-Its (14)	WG Uncrustable PBJ (32) w/ Cheez-Its	(32)
WG Uncrustable PBJ (32) w/ Cheez-Its	MC Harmstehle DDI (22) / Characte	& Cheese stick (1)	(14) & Cheese stick (1)	MC Harmetable DDI (22) / Character
(14) & Cheese stick (1)	WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)	Cida Itam		WG Uncrustable PBJ (32) w/ Cheez-Its
Side Item	(14) & Cheese Stick (1)	<u>Side Item</u> Bush's Black Beans (30)	Side Item	(14) & Cheese stick (1)
Mashed Potatoes (17) w/ or w/o gravy (4)	Side Item	Caesar Salad (5)	Curly Fries (25)	Side Item
Sweet Yellow Corn (15)	Tater Tots (19)	Baby Carrots (5)	Green Beans (4)	Oven Baked Fries (14)
Garden Salad (2)	California Blend Mixed Vegetables (5)	baby carrots (5)	Caesar Salad (5)	Spinach Maria (16)
Baby Carrots (5)	Garden Salad (2)		Veggie Nibbles (5)	Caesar Salad (5)
-52, -53535 (5)	Veggie Nibbles (5)		B	Baby Carrots (5)
	200 - 11 11 (1)		Dessert Charalete Chia as Sugar Caphia (10)	(2)
			Chocolate Chip or Sugar Cookie (18)	
August 28 th	August 29 th	August 30 th	August 31 st	
Choose 1 Entrée		Choose 1 Entrée	Choose 1 Entrée	
Big Daddy's Cheese or Pepperoni Pizza		Teriyaki Chicken (10) Fried Rice Bowl (54)	French Toast Sticks (37) w/ 2 Sausage	
(42)			Patties (3)	
	_	Mini Chef w/ Ham (4) w/ WG Roll (32)	, ,	
8 WG Chicken Nuggets (32) w/ WG Roll	Student	. , , , , , , , , , , , , , , , , , , ,	Homemade Grilled Cheese (36)	
8 WG Chicken Nuggets (32) w/ WG Roll (32)	Student	WG Uncrustable PBJ(32) w/ Cheez-lts(14) &	Homemade Grilled Cheese (36)	
(32)		. , , , , , , , , , , , , , , , , , , ,	Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its	
(32) WG Uncrustable PBJ (32) w/ Cheez-Its	Student Holiday	WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)	Homemade Grilled Cheese (36)	
(32)		WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item	Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2)	
(32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)		WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item Sweet Yellow Corn (15)	Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2) <u>Side Item</u>	
(32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) Side Item		WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item Sweet Yellow Corn (15) Glazed Carrots (15)	Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2) <u>Side Item</u> Crispy Hashbrowns (31)	
(32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) Side Item Mashed Potatoes (17) w/ or w/o gravy (4)		WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item Sweet Yellow Corn (15) Glazed Carrots (15) Caesar Salad (5)	Homemade Grilled Cheese (36) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2) Side Item Crispy Hashbrowns (31) Caesar Salad (7)	
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