

Middle & High School Lunch Menu – December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p> <p>Sandwich Trimmings (4) offered with all sandwich choices</p>	<p>Approximate grams of Carbohydrates per serving is shown in parenthesis</p> <p>Mayfield Milk Choices - 1/2 pint serving White Skim (13) White 1% (13) Fat Free Chocolate (20)</p>			
				December 1st
				<p><u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>WG Regular or Spicy Chicken Tenders (6) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Oven Baked Fries (14) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)</p>
December 4th	December 5th	December 6th	December 7th	December 8th
<p><u>Choose 1 Entrée</u> Nardone's Cheese or Pepperoni Pizza (29)</p> <p>8 WG Chicken Nuggets (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Waffle Fries (26) Sweet Green Peas (11) Caesar Salad (5) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> Bone-In Chicken (11) w/ WG Biscuit (27)</p> <p>Ham & Cheese (2) on WG Bun (30) w/ RF Doritos (19)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p><u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5)</p>	<p><u>Choose 1 Entrée</u> Teriyaki Chicken (10) Fried Rice Bowl (54)</p> <p>Mini Corn Dog Nuggets (32)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p><u>Side Item</u> Sweet Yellow Corn (15) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> Spaghetti (42) w/ or w/o Meat Sauce (10) & WG Roll (32)</p> <p>Crispy Chicken (9) Sandwich on WG Bun (27) w/ RF Doritos (19)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p><u>Side Item</u> Tater Tots (19) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p><u>Dessert</u> Chocolate Chip or Sugar Cookie (18)</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>Hot Dog w/or w/o chili and cheese (13) on WG Bun (30)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Oven Baked Fries (14) Bush's Baked Beans (30) Garden Salad (2) Baby Carrots (5)</p>

December 11 th	December 12 th	December 13 th	December 14 th	December 15 th
<p>Choose 1 Entrée Stuffed Crust Cheese or Pepperoni Pizza (31)</p> <p>8 WG Chicken Nuggets (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Curly Fries (25) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p>	<p>Choose 1 Entrée Chicken Parmesan (23) w/ WG Roll (32)</p> <p>4 Wild Mike's Cheese Bites</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Waffle Fries (26) Spinach Maria (16) Caesar Salad (5) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée 6 Chicken & Vegetable Dumplings (31)</p> <p>Homemade Grilled Cheese (36)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Tater Tots (19) California Blend Mixed Vegetables (5) Garden Salad (2) Baby Carrots (5)</p>	<p>Holiday Meal Choose 1 Entrée Turkey & Dressing (18) w/ WG Roll (32)</p> <p>Sliced Ham w/ WG Roll (32)</p> <p>Grilled Chicken (1) Salad w/ WG Roll (32)</p> <p>Sides Mashed Potatoes (17) w/ or w/o gravy (4) Green Beans (4) Garden Salad (2) Veggie Nibbles (5)</p> <p>Dessert Strawberry & Lime Winter Frozen Treat (20)</p>	<p>Choose 1 Entrée Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27)</p> <p>WG Crunchy Fish Sticks (22) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Oven Baked Fries (14) Bush's Baked Beans (30) Garden Salad (2) Baby Carrots (5)</p>
December 18 th	December 19 th	December 20 th		
<i>Manager's Choice</i>	<i>Manager's Choice</i>	<p><i>½ Day for Students</i></p> <p>Lunch will not be served</p>	<p><i>December 21- January 2nd Winter Holidays</i></p>	