

Middle & High School Lunch Menu – February 2024

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>			
			February 1 st	February 2 nd
			<p><u>Choose 1 Entrée</u> Nick's BBQ Sandwich (2) on WG Bun (27)</p> <p>Hot & Spicy Bone-In Chicken (7) w/ WG Biscuit (27)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p><u>Side Item</u> Curly Fries (25) Bush's Baked Beans (30) Garden Salad (2) 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 (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><u>Side Item</u> Oven Baked Fries (14) Green Beans (4) Garden Salad (2) Baby Carrots (5)</p>
February 5 th	February 6 th	February 7 th	February 8 th	February 9 th
<p><u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (42)</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> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Green Peas (11) Caesar Salad (5) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> 3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</p> <p>Crispy Chicken (9) Sandwich on WG Bun (30) w/ RF Doritos (20)</p> <p>Southwest Chicken Salad (22) 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) 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>Homemade Grilled Cheese (36)</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> Cheesy Chicken Nachos (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> Bush's Black Beans (30) Garden Salad (2) Veggie Nibbles (5)</p> <p><u>Dessert</u> Strawberry & Lime Winter Frozen Treat (20)</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27)</p> <p>Hot Dog w/or w/o chili and cheese (13) on WG Bun (26)</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>

February 12 th	February 13 th	February 14 th	February 15 th	February 16 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 Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p>	<p>Choose 1 Entrée Hot & Spicy Bone-In Chicken (7) w/ WG Biscuit (27)</p> <p>Ham & Cheese (2) on WG Bun (27) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p>Side Item Green Beans (4) Garden Salad (2) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée 4 Wild Mike Cheese Bites (28)</p> <p>Crispy Chicken (9) Sandwich on WG Bun (30) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p>Side Item Tater Tots (19) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée Spaghetti (42) w/ or w/o Meat Sauce (10) & WG Roll (32)</p> <p>Corn Dog (30)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p>Side Item Curly Fries (25) California Blend Mixed Vegetables (5) Caesar Salad (5) Baby Carrots (5)</p> <p>Dessert Chocolate Chip or Sugar Cookie (18)</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) Veggie Nibbles (5)</p>
February 19 th	February 20 th	February 21 st	February 22 nd	February 23 rd
<p><i>Manager's Choice</i></p>	<p>Choose 1 Entrée Nardone's Cheese or Pepperoni Pizza</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 Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p>	<p>Choose 1 Entrée 6 Chicken & Vegetable Dumplings (31)</p> <p>Turkey & Cheese (2) on WG Bun (27) w/ RF Doritos (20)</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) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Breaded Chicken Parmesan w/ WG Roll (32)</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>Side Item Curly Fries (25) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p>Dessert Chocolate Chip or Sugar Cookie (18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27)</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>Side Item Oven Baked Fries (14) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)</p>
February 26 th	February 27 th	February 28 th	February 29 th	
<p>Choose 1 Entrée Big Daddy's Cheese or Pepperoni Pizza (42)</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 Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p>	<p>Choose 1 Entrée French Toast Sticks (37) w/ 2 Sausage Patties (3)</p> <p>Homemade Grilled Cheese (34)</p> <p>WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2)</p> <p>Side Item Crispy Hashbrowns (31) Caesar Salad (5) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Pepper Jack Enchilada (18)</p> <p>Corn Dog (30)</p> <p>Mini Chef w/ Ham (4) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Bush's Black Beans (30) California Blend Mixed Vegetables (5) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée WG RF Fritos (16) Chips, Chili & Cheese (26)</p> <p>Turkey & Cheese (2) on WG Bun (27) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Green Beans (4) Garden Salad (2) Veggie Nibbles (5)</p> <p>Dessert Chocolate Chip or Sugar Cookie (18)</p>	