

Middle & High School Lunch Menu – January 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> |
| | | | January 4 th | January 5 th |
| | | | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Big Daddy's Cheese or Pepperoni Pizza (42)</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 style="text-align: center;"><u>Side Item</u></p> <p>Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Oven Baked Fries (14) Green Beans (4)</p> <p style="text-align: center;"><u>Dessert</u></p> <p>Chocolate Chip or Sugar Cookie (18)</p> |
| January 8 th | January 9 th | January 10 th | January 11 th | January 12 th |
| <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Waffle Fries (26) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>WG RF Fritos (16) Chips, Chili & Cheese (26)</p> <p>Homemade Grilled Cheese (36)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p style="text-align: center;"><u>Side Item</u></p> <p>Tater Tots (19) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Orange Chicken (19) Fried Rice Bowl (54)</p> <p>Nick's BBQ Sandwich (2) on WG Bun (27)</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 style="text-align: center;"><u>Side Item</u></p> <p>Curly Fries (25) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Baby Carrots (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Cheesy Chicken Nachos (32)</p> <p>Mini Corn Dog Nuggets (32)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p style="text-align: center;"><u>Side Item</u></p> <p>Bush's Black Beans (30) Garden Salad (2) Veggie Nibbles (5)</p> <p style="text-align: center;"><u>Dessert</u></p> <p>Strawberry & Lime Winter Frozen Treat (20)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Oven Baked Fries (14) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)</p> |

| January 15 th | January 16 th | January 17 th | January 18 th | January 19 th |
|--|---|---|---|---|
| <p style="text-align: center;"><i>Student Holiday</i></p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Nardone's Cheese or Pepperoni Pizza (28)</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 style="text-align: center;"><u>Side Item</u></p> <p>Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Tater Tots (19) California Blend Mixed Vegetables (5) Garden Salad (2) Veggie Nibbles (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Spaghetti (42) w/ or w/o Meat Sauce (10) & WG Roll (32)</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 style="text-align: center;"><u>Side Item</u></p> <p>Curly Fries (25) Green Beans (4) Caesar Salad (5) Baby Carrots (5)</p> <p style="text-align: center;"><u>Dessert</u></p> <p>Chocolate Chip or Sugar Cookie (18)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (27)</p> <p>4 Wild Mike's Cheese Bites</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p style="text-align: center;"><u>Side Item</u></p> <p>Oven Baked Fries (14) Bush's Baked Beans (30) Caesar Salad (2) Veggie Nibbles (5)</p> |
| | January 22 nd | January 23 rd | January 24 th | January 25 th |
| <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Tater Tots (19) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Hot & Spicy Bone-In Chicken (7) w/ WG Biscuit (27)</p> <p>Homemade Grilled Cheese (36)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p style="text-align: center;"><u>Side Item</u></p> <p>Mashed Potatoes (17) w/ or w/o gravy (4) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5)</p> | <p style="text-align: center;">Early Release Day Box Lunch Options –</p> <p>Crispy Chicken (9) Sandwich on WG Bun (30) w/ RF Doritos (20)</p> <p>Deli Sandwich (2) on WG Bun (30) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ or Soy (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p style="text-align: center;"><u>Side Item</u></p> <p>Waffle Fries (26) Baby Carrots (5)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Breaded Chicken Parmesan w/ WG Roll (32)</p> <p>3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</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 style="text-align: center;"><u>Side Item</u></p> <p>Curly Fries (25) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p style="text-align: center;"><u>Dessert</u></p> <p>Strawberry & Lime Winter Frozen Treat (20)</p> | <p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>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 style="text-align: center;"><u>Side Item</u></p> <p>Oven Baked Fries (14) Bush's Baked Beans (30) Garden Salad (2) Baby Carrots (5)</p> |

| January 29 th | January 30 th | January 31 st | | |
|---|--|--|--|--|
| <p><u>Choose 1 Entrée</u> Nardone's Cheese or Pepperoni Pizza 8 WG Chicken Nuggets (32) w/ WG Roll (32) 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 Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p> | <p><u>Choose 1 Entrée</u> French Toast Sticks (37) w/ 2 Sausage Patties (3) Crispy Chicken (15) Sandwich on WG Bun (27) w/ RF Doritos (19) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2)</p> <p><u>Side Item</u> Crispy Hashbrowns (31) Garden Salad (2) Veggie Nibbles (5)</p> | <p><u>Choose 1 Entrée</u> Pepper Jack Enchiladas (18) Corn Dog (30) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Tater Tots (19) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Baby Carrots (5)</p> | | |