

Middle & High School Lunch Menu – May 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>			
		May 1 st	May 2 nd	May 3 rd
		<p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Teriyaki Chicken (10) Fried Rice Bowl (54)</p> <p style="text-align: center;">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) California Blend Mixed Vegetables (5) Garden Salad (2) Baby Carrots (5)</p>	<p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>Nick’s BBQ Sandwich (2) 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 style="text-align: center;"><u>Side Item</u></p> <p>Curly Fries (25) Bush’s Baked Beans (30) Garden Salad (2) Veggie Nibbles (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>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>
May 6 th	May 7 th	May 8 th	May 9 th	May 10 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>Mashed Potatoes (17) w/ or w/o gravy (4) 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>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 style="text-align: center;"><u>Side Item</u></p> <p>Waffle Fries (26) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)</p>	<p style="text-align: center;"><u>Choose 1 Entrée</u></p> <p>3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</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 style="text-align: center;"><u>Side Item</u></p> <p>Tater Tots (19) 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>Chicken (9) & Waffle (23) Sandwich</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>Curly Fries (25) Green Beans (4) Garden Salad (2) Veggie Nibbles (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>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>

May 13 th	May 14 th	May 15 th	May 16 th	May 17 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 Orange Chicken (19) Fried Rice Bowl (54)</p> <p>Corn Dog (30)</p> <p>WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2)</p> <p>Side Item Curly Fries (25) Glazed Carrots (15) Garden Salad (2) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Breaded Chicken Parmesan w/ WG Roll (32)</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 Tater Tots (19) 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>Grilled Chicken Salad (1) w/ WG Roll (32)</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>	<p><i>Manager's Choice</i></p>
May 20 th	May 21 st	May 22 nd	May 23 rd	
<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>	<p><i>½ Day for Students</i></p>	