Middle & High School Lunch Menu – October 2023						
Monday	Tuesday	Wednesday	Thursday	Friday		
			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)		
October 2 nd	October 3 rd	October 4 th	October 5 th	October 6 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) Caesar Salad (5) Baby Carrots (5)	Choose 1 Entrée Teriyaki Chicken (10) Fried Rice Bowl (54) Homemade Grilled Cheese (36) WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item Sweet Yellow Corn (15) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)	Choose 1 Entrée Grilled Chicken Sandwich on WG Bun (27) w/ RF Doritos (19) 3 WG Max Cheese Sticks (48) w/ ½ cup Marinara Dipping Sauce (3) Mini Chef w/ Ham (4) w/ WG Roll (32) WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1) Side Item Tater Tots (19) Green Beans (4) Garden Salad (2) Baby Carrots (5)	Choose 1 Entrée Corn Dog (30) Turkey & Cheese (2) on WG Bun (27) w/ RF Doritos (20) WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1) Side Item Curly Fries (25) Bush's Baked Beans (30) Caesar Salad (5) Veggie Nibbles (5) Dessert Orange & Lime Fall Frozen Treat (20)	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) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)		
October 9 th	October 10 th	October 11 th	October 12 th	October 13 th		
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break		

October 16 th	October 17 th	October 18 th	October 19 th	October 20 th
Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée
Nardone's Cheese or Pepperoni Pizza (29)	Corn Dog (30)	Cheesy Chicken Nachos (32)	Chicken Parmesan (23) w/ WG Roll (32)	Charbroiled Hamburger (1) or
				Cheeseburger (3) on WG Bun (27)
8 WG Chicken Nuggets (32) w/ WG Roll	Crispy Chicken (15) Sandwich on WG Bun	Mini Chef w/ Turkey (4) w/ WG Roll (32)	Ham & Cheese (2) on WG Bun (27) w/ RF	
(32)	(27) w/ RF Doritos (19)		Doritos (20)	Hot Dog w/or w/o chili and cheese (13) on
		WG Uncrustable PBJ (32) w/ Cheez-Its (14)		WG Bun (26)
WG Uncrustable PBJ (32) w/ Cheez-Its	WG Uncrustable PBJ (32) w/ Cheez-Its	& Cheese stick (1)	WG Uncrustable PBJ (32) w/ Cheez-Its	
(14) & Cheese stick (1)	(14) & Cheese stick (1)		(14) & Cheese stick (1)	WG Uncrustable PBJ (32) w/ Cheez-Its
		<u>Side Item</u>		(14) & Cheese stick (1)
Side Item	<u>Side Item</u>	Bush's Black Beans (30)	<u>Side Item</u>	
Mashed Potatoes (17) w/ or w/o gravy (4)	Tater Tots (19)	Caesar Salad (5)	Curly Fries (25)	<u>Side Item</u>
Sweet Yellow Corn (15)	California Blend Mixed Vegetables (5)	Baby Carrots (5)	Green Beans (4)	Oven Baked Fries (14)
Garden Salad (2)	Garden Salad (2)		Caesar Salad (5)	Spinach Maria (16)
Baby Carrots (5)	Veggie Nibbles (5)		Veggie Nibbles (5)	Caesar Salad (5)
				Baby Carrots (5)
			Dessert Characters Chicago Caratia (40)	
			Chocolate Chip or Sugar Cookie (18)	
October 23 rd	October 24 th	October 25 th	October 26 th	October 27 th
Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée
Big Daddy's Cheese or Pepperoni Pizza	Bone-In Chicken (11) w/ WG Biscuit (27)	Nick's BBQ Sandwich (2) on WG Bun (27)	Chicken (15) & Waffle (23) Sandwich	Charbroiled Hamburger (1) or
(42)				Cheeseburger (3) on WG Bun (27)
	Turkey & Cheese (2) on WG Bun (27) w/	3 WG Max Cheese Sticks (48) w/ ¼ cup	WG Crunchy Fish Sticks (22) w/ WG Roll	
8 WG Chicken Nuggets (32) w/ WG Roll	RF Doritos (20)	Marinara Dipping Sauce (3)	(32)	WG Regular or Spicy Chicken Tenders (6)
(32)	WC Harristella DDI/22) - / Chara Ha/44)			w/ WG Roll (32)
	WG Uncrustable PBJ(32) w/ Cheez-Its(14)	WG Uncrustable PBJ(32) w/ Cheez-Its(14) &	Southwest Chicken Salad (22) w/ WG Roll	, , , , , , , , , , , , , , , , , , ,
WG Uncrustable PBJ (32) w/ Cheez-Its	& Cheese Stick(1)	Cheese Stick(1)	(32)	WG Uncrustable PBJ (32) w/ Cheez-Its
(14) & Cheese stick (1)	Sido Itom			(14) & Cheese stick (1)
C' de Heere	Side Item Mashed Potatoes (17) w/ or w/o gravy (4)	Also available Homemade Macaroni &	WG Uncrustable PBJ(32) w/ Cheez-Its(14)	Cida Mana
Side Item	Fresh Steamed Broccoli w/ Cheese Sauce	Cheese (24)	& Cheese Stick(1)	Side Item Oven Baked Fries (14)
Tater Tots (19) Sweet Yellow Corn (15)	(5)	Cido Itom	Cido Itom	Green Beans (4)
Garden Salad (2)	Caesar Salad (5)	<u>Side Item</u> Bush's Baked Beans (30)	<u>Side Item</u> Curly Fries (25)	Caesar Salad (5)
Baby Carrots (5)	Veggie Nibbles (5)	Garden Salad (2)	Glazed Carrots (15)	Baby Carrots (5)
Buby currots (5)	1088.0 11122.03 (0)	Baby Carrots (5)	Caesar Salad (5)	Buby currots (5)
		buby currous (5)	Veggie Nibbles (5)	
			168816 11102163 (5)	
			Dessert	
			Orange & Lime Fall Frozen Treat (20)	
October 30 th	October 31st			
Choose 1 Entrée	Choose 1 Entrée			
Stuffed Crust Cheese or Pepperoni Pizza	French Toast Sticks (37) w/ 2 Sausage			
(31)	Patties (3)			
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8 WG Chicken Nuggets (32) w/ WG Roll	Homemade Grilled Cheese (36)			
(32)	. ,			
	WG Uncrustable PBJ (35) w/ Cheez-Its			
WG Uncrustable PBJ (32) w/ Cheez-Its	(14) & Cheese stick (2)			
(14) & Cheese stick (1)				
	Side Item			
Side Item	Crispy Hashbrowns (31)			
Mashed Potatoes (17) w/ or w/o gravy (4)	Garden Salad (2)			
Sweet Yellow Corn (15)	Baby Carrots (5)			
Garden Salad (2)				
Baby Carrots (5)				