

# Middle & High School Lunch Menu – October 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</p> <p>White Skim(13) White 1%(13) Fat Free Chocolate(20)</p>
October 2 <sup>nd</sup>	October 3 <sup>rd</sup>	October 4 <sup>th</sup>	October 5 <sup>th</sup>	October 6 <sup>th</sup>
<p><b><u>Choose 1 Entrée</u></b></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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b></p> <p>Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Green Peas (11) Caesar Salad (5) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b></p> <p>Teriyaki Chicken (10) Fried Rice Bowl (54)</p> <p>Homemade Grilled Cheese (36)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese Stick(1)</p> <p><b><u>Side Item</u></b></p> <p>Sweet Yellow Corn (15) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)</p>	<p><b><u>Choose 1 Entrée</u></b></p> <p>Grilled Chicken Sandwich on WG Bun (27) w/ RF Doritos (19)</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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b></p> <p>Tater Tots (19) Green Beans (4) Garden Salad (2) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b></p> <p>Corn Dog (30)</p> <p>Turkey &amp; Cheese (2) on WG Bun (27) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese Stick(1)</p> <p><b><u>Side Item</u></b></p> <p>Curly Fries (25) Bush’s Baked Beans (30) Caesar Salad (5) Veggie Nibbles (5)</p> <p><b><u>Dessert</u></b></p> <p>Orange &amp; Lime Fall Frozen Treat (20)</p>	<p><b><u>Choose 1 Entrée</u></b></p> <p>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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b></p> <p>Oven Baked Fries (14) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)</p>
October 9 <sup>th</sup>	October 10 <sup>th</sup>	October 11 <sup>th</sup>	October 12 <sup>th</sup>	October 13 <sup>th</sup>
<p><i>Fall Break</i></p>	<p><i>Fall Break</i></p>	<p><i>Fall Break</i></p>	<p><i>Fall Break</i></p>	<p><i>Fall Break</i></p>

<b>October 16<sup>th</sup></b>	<b>October 17<sup>th</sup></b>	<b>October 18<sup>th</sup></b>	<b>October 19<sup>th</sup></b>	<b>October 20<sup>th</sup></b>
<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b> Corn Dog (30)</p> <p>Crispy Chicken (15) Sandwich on WG Bun (27) w/ RF Doritos (19)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Tater Tots (19) California Blend Mixed Vegetables (5) Garden Salad (2) Veggie Nibbles (5)</p>	<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Bush's Black Beans (30) Caesar Salad (5) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b> Chicken Parmesan (23) w/ WG Roll (32)</p> <p>Ham &amp; Cheese (2) on WG Bun (27) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Curly Fries (25) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5)</p> <p><b><u>Dessert</u></b> Chocolate Chip or Sugar Cookie (18)</p>	<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Oven Baked Fries (14) Spinach Maria (16) Caesar Salad (5) Baby Carrots (5)</p>
<b>October 23<sup>rd</sup></b>	<b>October 24<sup>th</sup></b>	<b>October 25<sup>th</sup></b>	<b>October 26<sup>th</sup></b>	<b>October 27<sup>th</sup></b>
<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Tater Tots (19) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b> Bone-In Chicken (11) w/ WG Biscuit (27)</p> <p>Turkey &amp; Cheese (2) on WG Bun (27) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese Stick(1)</p> <p><b><u>Side Item</u></b> Mashed Potatoes (17) w/ or w/o gravy (4) Fresh Steamed Broccoli w/ Cheese Sauce (5) Caesar Salad (5) Veggie Nibbles (5)</p>	<p><b><u>Choose 1 Entrée</u></b> Nick's BBQ Sandwich (2) on WG Bun (27)</p> <p>3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese Stick(1)</p> <p>Also available Homemade Macaroni &amp; Cheese (24)</p> <p><b><u>Side Item</u></b> Bush's Baked Beans (30) Garden Salad (2) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b> Chicken (15) &amp; Waffle (23) Sandwich</p> <p>WG Crunchy Fish Sticks (22) w/ WG Roll (32)</p> <p>Southwest Chicken Salad (22) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) &amp; Cheese Stick(1)</p> <p><b><u>Side Item</u></b> Curly Fries (25) Glazed Carrots (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p><b><u>Dessert</u></b> Orange &amp; Lime Fall Frozen Treat (20)</p>	<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Oven Baked Fries (14) Green Beans (4) Caesar Salad (5) Baby Carrots (5)</p>
<b>October 30<sup>th</sup></b>	<b>October 31<sup>st</sup></b>			
<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese stick (1)</p> <p><b><u>Side Item</u></b> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)</p>	<p><b><u>Choose 1 Entrée</u></b> French Toast Sticks (37) w/ 2 Sausage Patties (3)</p> <p>Homemade Grilled Cheese (36)</p> <p>WG Uncrustable PBJ (35) w/ Cheez-Its (14) &amp; Cheese stick (2)</p> <p><b><u>Side Item</u></b> Crispy Hashbrowns (31) Garden Salad (2) Baby Carrots (5)</p>			