Preschool & Elementary 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 <sup>nd</sup>	October 3 <sup>rd</sup>	October 4 <sup>th</sup>	October 5 <sup>th</sup>	October 6 <sup>th</sup>		
Choose 1 Entrée  Stuffed Crust Cheese or Pepperoni Pizza (31)  5 WG Chicken Nuggets (20) 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)  2 WG Max Cheese Sticks (32) w/ ¼ 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 (37)  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 <sup>th</sup>	October 10 <sup>th</sup>	October 11 <sup>th</sup>	October 12 <sup>th</sup>	October 13 <sup>th</sup>		
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break		

October 16 <sup>th</sup>	October 17 <sup>th</sup>	October 18 <sup>th</sup>	October 19 <sup>th</sup>	October 20 <sup>th</sup>
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)
5 WG Chicken Nuggets (20) 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)		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
		Side Item		(14) & Cheese stick (1)
Side Item	Side Item	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)	Side Item
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)
			<u>Dessert</u>	
			Chocolate Chip or Sugar Cookie (18)	
October 23 <sup>rd</sup>	October 24 <sup>th</sup>	October 25 <sup>th</sup>	October 26 <sup>th</sup>	October 27 <sup>th</sup>
Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	Choose 1 Entrée	<u>Choose 1 Entrée</u>
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)	T -1 0 Ch (2) 14(C D (27) (			Cheeseburger (3) on WG Bun (27)
	Turkey & Cheese (2) on WG Bun (27) w/	2 WG Max Cheese Sticks (32) w/ ¼ cup	WG Crunchy Fish Sticks (22) w/ WG Roll	
5 WG Chicken Nuggets (20) w/ WG Roll	RF Doritos (20)	Marinara Dipping Sauce (3)	(32)	WG Regular or Spicy Chicken Tenders (6)
(32)	MC Upervistable DDI/22) w/ Chaoz Its/14)		6 11 10111 6 1 1/00 / /1/00 11	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	WC Harristella DDI (22) - / Chara Ha
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)	Side Item	Alaa ayailahla Hayaayaada Maaayayi Q	MC Harmotable DDI(22)/ Character(4.4)	(14) & Cheese stick (1)
Cida Itama	Mashed Potatoes (17) w/ or w/o gravy (4)	Also available Homemade Macaroni &	WG Uncrustable PBJ(32) w/ Cheez-Its(14)	Side Item
Side Item Tater Tots (19)	Fresh Steamed Broccoli w/ Cheese Sauce	Cheese (24)	& Cheese Stick(1)	Oven Baked Fries (14)
Sweet Yellow Corn (15)	(5)	Side Item	Side Item	Green Beans (4)
Garden Salad (2)	Caesar Salad (5)	Bush's Baked Beans (30)	Curly Fries (25)	Caesar Salad (5)
Baby Carrots (5)	Veggie Nibbles (5)	Garden Salad (2)	Glazed Carrots (15)	Baby Carrots (5)
Buby currots (5)	1 288.0 1 11.0000 (2)	Baby Carrots (5)	Garden Salad (2)	
		===, ==== (=,	Veggie Nibbles (5)	
			Dessert	
			Orange & Lime Fall Frozen Treat (20)	
October 30 <sup>th</sup>	October 31st			
Choose 1 Entrée	Choose 1 Entrée			
Stuffed Crust Cheese or Pepperoni Pizza	French Toast Sticks (37) w/ Sausage (2)			
(31)	, , , , , , , , , , , , , , , , , , , ,			
	Homemade Grilled Cheese (36)			
5 WG Chicken Nuggets (20) w/ WG Roll	. ,			
(32)	WG Uncrustable PBJ (35) w/ Cheez-Its			
	(14) & Cheese stick (2)			
WG Uncrustable PBJ (32) w/ Cheez-Its				
(14) & Cheese stick (1)	Side Item			
	Crispy Hashbrowns (31)			
Side Item	Garden Salad (2)			
Mashed Potatoes (17) w/ or w/o gravy (4)	Veggie Nibbles (5)			
Sweet Yellow Corn (15)				
Garden Salad (2)				
Baby Carrots (5)				