



# Middle & High School Lunch Menu – April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>RF= Reduced Fat V = Vegetarian Option WG = Whole Grain</p> <p>Uncrustable PBJ or Soy Butter Uncrustable w/ WG Cheez-Its &amp; Cheese Stick Monday, Wednesday and Friday</p>		<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) While 1%(13) Fat Free Chocolate(20)</p>
				<b>April 1<sup>st</sup></b>
				<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Oven Baked Fries(17) Caesar Salad(7) Baby Carrots(5)</p>
<b>April 4<sup>th</sup></b>	<b>April 5<sup>th</sup></b>	<b>April 6<sup>th</sup></b>	<b>April 7<sup>th</sup></b>	<b>April 8<sup>th</sup></b>
<p><b>Choose 1 Entrée</b> Big Daddy's Cheese or Pepperoni Pizza (43)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Sweet Yellow Corn (7) Garden Salad (2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Hot Dog w/or w/o chili and cheese(3.3) on WG Bun(31)</p> <p>Cheese or Pepperoni Pizza (30)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll (32)</p> <p><b>Side Item</b> Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Chicken(15) &amp; Waffle(32) Sandwich</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Waffle Fries(23) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> 4 Wild Mike's Cheese Bites(28)</p> <p>Turkey &amp; Cheese (2) on WG Bun (29) w/ RF Doritos (19)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><b>Side Item</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Manager's Choice</p> <p>3 WG Hot n' Spicy Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Curly Fries(25) Caesar Salad(7) Baby Carrots(5)</p>

April 11 <sup>th</sup>	April 12 <sup>th</sup>	April 13 <sup>th</sup>	April 14 <sup>th</sup>	April 15 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Wild Mike's Cheese or Pepperoni Pizza (30)</p> <p>Sweet Chili Thai Chicken (6) &amp; Rice Bowl (34)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Mini Corn Dog Nuggets (32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Asian Chicken Salad (43)</p> <p><b>Side Item</b> Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Cheesy Chicken Nachos(41)</p> <p>Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Sweet Yellow Corn(8) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> WG Crunchy Fish Sticks (29) w/ WG Roll (32)</p> <p>3 WG Hot n' Spicy Chicken Tenders (17) w/ WG Roll (32)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll (32)</p> <p><b>Side Item</b> Tater Tots(18) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><i>Student Holiday</i></p>
April 18 <sup>th</sup>	April 19 <sup>th</sup>	April 20 <sup>th</sup>	April 21 <sup>st</sup>	April 22 <sup>nd</sup>
<p><i>Student Holiday</i></p>	<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza(30)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Southwest Chicken Salad (22) w/ WG Roll (32)</p> <p><b>Side Item</b> Sweet Yellow Corn(8) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> French Toast Sticks(40) w/ 2 Sausage Patties(3.3)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Crispy Hashbrowns(19) Caesar Salad(7) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b>Side Item</b> Waffle Fries(23) Garden Salad(5) Baby Carrots(5)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Sweet Chili Thai Chicken (6) &amp; Rice Bowl (34)</p> <p>Cheese or Pepperoni Pizza (30)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Green Beans (4) Garden Salad (5) Veggie Nibbles(7)</p>
April 25 <sup>th</sup>	April 26 <sup>th</sup>	April 27 <sup>th</sup>	April 28 <sup>th</sup>	April 29 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Big Daddy's Cheese or Pepperoni Pizza (43)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Spaghetti (42) w/ or w/o Meat Sauce (11) &amp; WG Roll (32)</p> <p>Homemade Grilled Cheese (32)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><b>Side Item</b> Green Beans(4) Garden Salad(5) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Also available Homemade Macaroni &amp; Cheese(24)</p> <p><b>Side Item</b> Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Buffalo Chicken Tender Sandwich (54)</p> <p>Cheese or Pepperoni Pizza (30)</p> <p>Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p><b>Side Item</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Sweet Chili Thai Chicken (6) &amp; Rice Bowl (34)</p> <p>Cheese or Pepperoni Pizza (30)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Curly Fries(25) Caesar Salad(7) Baby Carrots(5)</p>