






High School Menu, August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>RF= Reduced Fat V = Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily</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>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19)</p>
August 5 th	August 6 th	August 7 th	August 8 th	August 9 th
<p>Half Day for Students!</p> 	<p>Choose 1 Entrée</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Homemade Grilled Ham & Cheese(32)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings</p> <p>Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Caesar Salad(5) Veggie nibbles(7)</p>	<p>Choose 1 Entrée</p> <p>3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Spicy Crispy Chicken(14) on WG Bun(29) w/ or w/ Doritos(19)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Sandwich Trimmings(4) Curly Fries(25) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée</p> <p>Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Mini Chef w/ Shredded Turkey(4) w/ WG Roll(32) Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Tater Tots(18) Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert</p> <p>Sugar Cookie(18)</p>	<p>Choose 1 Entrée</p> <p>Hamburger(1)Cheeseburger(5) WG Bun(29)</p> <p>Crispy Chicken Sandwich(15) WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Hamburger Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>
August 12 th	August 13 th	August 14 th	August 15 th	August 16 th
<p>Choose 1 Entrée</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings</p> <p>Sandwich Trimmings(4) Mashed Potatoes(17) w/ or w/o gravy(1) Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée</p> <p>Cheesy Chicken Nachos(29)</p> <p>Homemade Grilled Ham & Cheese(32)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Bush's Ranchero Beans(20) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée</p> <p>3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Spicy Crispy Chicken(14) on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Sandwich Trimmings(4) Crispy Hashbrowns(19) Green Beans(4) Caesar Salad(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée</p> <p>Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Mini Chef w/ Shredded Turkey(4) w/ WG Roll(32)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Sandwich Trimmings(4) Roasted Baby Potatoes(17) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p>Dessert</p> <p>Cool Tropics Blue Raspberry(15)</p>	<p>Choose 1 Entrée</p> <p>Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Hot & Spicy Chicken Tender Sandwich(17) on WG Hoagie Bun(39)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings</p> <p>Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>

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	<p>RF= Reduced Fat V = Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily</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>Approximate grams of Carbohydrates per servings is shown in Parenthesis</p> <p>Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19)</p>
August 19 th	August 20 th	August 21 st	August 22 nd	August 23 rd
<p>Choose 1 Entrée 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Knox Smokehouse Rib Sandwich(3.8) on WG Hoagie Bun(39)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Mini Chef w/ Shredded Turkey(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30) Also available Homemade Macaroni & Cheese(24)</p> <p>Choose up to 3 servings Tater Tots(18) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p>Dessert Sugar Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ WG Roll(32)</p> <p>Crispy Chicken Sandwich(15) WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
August 26 th	August 27 th	August 28 st	August 29 th	August 30 th
<p>Choose 1 Entrée 8 Piece WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Student Holiday!</p> 	<p>Choose 1 Entrée Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Crispy Hashbrowns(19) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Sweet Chili Thai Chicken(6) & Rice Bowl(34)</p> <p>Homemade Grilled Ham & Cheese(32)</p> <p>Southwest Chicken Salad (22) w/ WG Tortilla Chips(36)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Spudsters(23) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Chocolate Chip Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Hot & Spicy Chicken Tender Sandwich(17) on WG Hoagie Bun(39)</p> <p>Mini Chef w/ Shredded Turkey(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>