

Middle & High School Lunch Menu – August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Uncrustable PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily		KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily. Sandwich Trimmings(4) offered with all sandwich & hamburger choices	Approximate grams of Carbohydrates per serving is shown in parenthesis Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20)
August 9 th	August 10 th	August 11 th	August 12 th	August 13 th
<p style="text-align: center;"><i>½ Day for Students</i></p>	<p>Choose 1 Entrée</p> Cheese or Pepperoni Pizza (30) 8 WG Chicken Nuggets(26) w/ WG Roll(32) Mini Chef w/ Ham(4) w/ WG Roll(32)	<p>Choose 1 Entrée</p> Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) Cheese or Pepperoni Pizza(30) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)	<p>Choose 1 Entrée</p> Chicken(15) & Waffle(32) Sandwich Cheese or Pepperoni Pizza(30) Southwest Chicken Salad(22) w/ WG Roll(32)	<p>Choose 1 Entrée</p> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Cheese or Pepperoni Pizza(30) Grilled Chicken(1) Salad w/ WG Roll(32)
	<p>Sides</p> Mashed Potatoes(17) w/ gravy or w/o Baby Carrots(5)	<p>Side Item</p> Tater Tots(18) Garden Salad(2)	<p>Side Item</p> Crispy Hashbrowns(19) Baby Carrots(5)	<p>Side Item</p> Bush's Baked Beans(29) Caesar Salad(7)
			<p>Dessert – Different options offered</p> Sidekick(22)	
August 16 th	August 17 th	August 18 th	August 19 th	August 20 th
<p>Choose 1 Entrée</p> Stuffed Crust Cheese or Pepperoni Pizza Pizza(31) 8 WG Chicken Nuggets(26) w/ WG Roll(32) Ham & Cheese(2) on WG Bun(29) w/ RF Doritos	<p>Choose 1 Entrée</p> Beefy Cheesy Nachos(41) Cheese or Pepperoni Pizza(30) Mini Chef w/ Ham(4) w/ WG Roll(32)	<p>Choose 1 Entrée</p> Nick's BBQ Sandwich(2) on WG Bun(29) Cheese or Pepperoni Pizza (30) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos	<p>Choose 1 Entrée</p> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3) Cheese or Pepperoni Pizza (30) Southwest Chicken Salad(22) w/ WG Roll(32)	<p>Choose 1 Entrée</p> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Cheese or Pepperoni Pizza (30) Mini Chef w/ Turkey(4) w/ WG Roll(32)
<p>Side Item</p> Sweet Yellow Corn(8) Baby Carrots(5)	<p>Side Item</p> Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2)	<p>Side Item</p> Also available Homemade Macaroni & Cheese(24)	<p>Side Item</p> Tater Tots(18) Baby Carrots(5)	<p>Side Item</p> Bush's Baked Beans(29) Caesar Salad(7)
		<p>Side Item</p> Green Beans(4) Garden Salad(2)	<p>Dessert – Different options offered</p> Sidekick(22)	

August 23rd	August 24th	August 25th	August 26th	August 27th
<p><u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza(34) Tangerine Chicken(25) & Rice Bowl(34) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p><u>Side Item</u> Mashed Potatoes(17) w/ gravy or w/o Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Spaghetti(42) w/ or w/o Meat Sauce(11) & WG Roll (32) Cheese or Pepperoni Pizza (30) Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><u>Side Item</u> Curly Fries(25) Caesar Salad(7)</p>	<p><u>Choose 1 Entree</u> French Toast Sticks(40) w/2 Sausage Patties(3.3) Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><u>Side Item</u> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7)</p>	<p><u>Choose 1 Entrée</u> 4 Wild Mike's Cheese Bites(28) Cheese or Pepperoni Pizza (30) Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p><u>Side Item</u> Tater Tots(18) Baby Carrots(5)</p> <p><u>Dessert – Different options offered</u> Sidekick(22)</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Cheese or Pepperoni Pizza (30) Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><u>Side Item</u> Bush's Baked Beans(29) Garden Salad(2)</p>
August 30th	August 31st			
<p><u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza(30) 8 WG Chicken Nuggets(26) w/ WG Roll(32) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p><u>Side Item</u> Sweet Yellow Corn(8) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Hot Dog w/or w/o chili and cheese(3.3) on WG Bun(31) Cheese or Pepperoni Pizza (30) Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><u>Side Item</u> Curly Fries(25) Garden Salad(2)</p>			