

Elementary Lunch Menu December 2018

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily.</p> <p>Students may select up to two servings of fresh fruit offered daily</p> <p>All meals include a choice of a ½ pint of Milk.</p> <p>We feature the following Mayfield Milk Choices: White Skim (13) White 1% (13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19)</p>	<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>For the benefit of the diabetic student the approximate grams of Carbohydrates per serving is shown in parenthesis</p>		
3	4	5	6	7
<p>Choose 1 Entrée Cheese or Pepperoni Pizza(30)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Potato Smiles(25) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 2 WG Max Cheese Sticks(32) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</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 Oven Baked Chicken(6) w/ WG Roll(32)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Potato Smiles(25) Sweet Green Peas(11) 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>Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</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>
10	11	12	13	14
<p>Choose 1 Entrée Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos(29)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Curly Fries(25) Glazed Carrots(12) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Hot Italian Hero(6) w/ Cheese(2) WG Bun (29)</p> <p>Grilled Chicken Berry Salad (17) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Scalloped Potatoes(24) Fresh Steamed Broccoli w/ cheese sauce(5) Caesar Salad(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée Turkey & Dressing(18) w/ WG Roll(30)</p> <p>Sliced Ham w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Green Beans(4) 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>WG Fish Sandwich(16) w/ or w/o Cheese(4) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</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>
17	18	19	20	21
<p>Choose 1 Entrée Garlic Cheese Pizza(29)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Tater Tots(18) Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Pot Roast(2) w/ WG Roll(32)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Green Beans(4) Caesar Salad(5) Veggie Nibbles(7)</p>	<i>Manager's Choice</i>	<i>Manager's Choice</i>	<i>½ Day for Students</i>
24	25	26	27	28
<i>Student Holiday</i>	<i>Student Holiday</i>	<i>Student Holiday</i>	<i>Student Holiday</i>	<i>Student Holiday</i>
31				
<i>Student Holiday</i>				