



Middle & High School Lunch Menu – February 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 & Cheese Stick Offered 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>
February 1 st	February 2 nd	February 3 rd	February 4 th	
<p>Choose 1 Entrée Mini Corn Dog Nuggets(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Side Item Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Waffle Fries(23) Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entrée 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Side Item Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Chocolate Chip or 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>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Oven Baked Fries(17) Garden Salad(2) Baby Carrots(5)</p>	
February 7 th	February 8 th	February 9 th	February 10 th	February 11 th
<p>Choose 1 Entrée Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Hot Dog w/or w/o chili and cheese(3.3) on WG Bun(31)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Side Item Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Chicken(15) & Waffle(32) Sandwich</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Waffle Fries(23) Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entrée Sweet Chili Thai Chicken(6) & Rice Bowl(34)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Side Item Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p> <p>Dessert Chocolate Chip or Sugar Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Hot n' Spicy Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Curly Fries(25) Caesar Salad(7) Baby Carrots(5)</p>

February 14 th	February 15 th	February 16 th	February 17 th	February 18 th
<p>Choose 1 Entrée Cheese or Pepperoni Pizza(30)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Homemade Grilled Cheese(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Asian Chicken Salad(43) w/ WG Roll(32)</p> <p>Side Item Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 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) & Cheese stick(2)</p> <p>Side Item Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée 4 Wild Mike's Cheese Bites(28)</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>Side Item Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Chocolate Chip or Sugar Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Oven Baked Fries(17) Caesar Salad(7) Baby Carrots(5)</p>
February 21 st	February 22 nd	February 23 rd	February 24 th	February 25 th
<p><i>Student Holiday</i></p>	<p>Choose 1 Entrée Cheese or Pepperoni Pizza(30)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Side Item Mashed Potatoes(17) w/ gravy or w/o Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entree French Toast Sticks(40) w/2 Sausage Patties(3.3)</p> <p>Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Crispy Hashbrowns(19) Caesar Salad(7) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos(41)</p> <p>Homemade Grilled Cheese(32)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Side Item Green Beans(4) Garden Salad(2) Baby Carrots(5)</p> <p>Dessert Chocolate Chip or Sugar Cookie(18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Hot n' Spicy Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Tater Tots(17) Garden Salad(2) Veggie Nibbles(7)</p>
February 28 th				
<p>Choose 1 Entrée Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Sweet Yellow Corn(8) Caesar Salad(7) Baby Carrots(5)</p>				