



# Preschool & Elementary 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 &amp; 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>
	<b>February 1<sup>st</sup></b>	<b>February 2<sup>nd</sup></b>	<b>February 3<sup>rd</sup></b>	<b>February 4<sup>th</sup></b>
	<p><b>Choose 1 Entrée</b> Mini Corn Dog Nuggets(32)  Cheese or Pepperoni Pizza(30)  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>Choose 1 Entrée</b> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)  Mini Chef w/ Ham(4) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Waffle Fries(23) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)  5 WG Chicken Nuggets(16) w/ WG Roll(32)  Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b>Side Item</b> Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  WG Crunchy Fish Sticks(29) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Oven Baked Fries(17) Garden Salad(2) Baby Carrots(5)</p>
<b>February 7<sup>th</sup></b>	<b>February 8<sup>th</sup></b>	<b>February 9<sup>th</sup></b>	<b>February 10<sup>th</sup></b>	<b>February 11<sup>th</sup></b>
<p><b>Choose 1 Entrée</b> Wild Mike's Cheese or Pepperoni Pizza(34)  5 WG Chicken Nuggets(16) w/ WG Roll(32)  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> 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><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  Homemade Grilled Cheese(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Waffle Fries(23) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Teriyaki Chicken(6) &amp; Rice Bowl(34)  Cheese or Pepperoni Pizza(30)  Mini Chef w/ Turkey(4) 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> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  Mini Corn Dog Nuggets(32)  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>

February 14 <sup>th</sup>	February 15 <sup>th</sup>	February 16 <sup>th</sup>	February 17 <sup>th</sup>	February 18 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza(30)</p> <p>5 WG Chicken Nuggets(16) 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(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Homemade Grilled Cheese(32)</p> <p>Cheese or Pepperoni Pizza(30)</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>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><b>Side Item</b> Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> 4 Wild Mike's Cheese Bites(28)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b>Side Item</b> Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b>Choose 1 Entrée</b> 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) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Oven Baked Fries(17) Caesar Salad(7) Baby Carrots(5)</p>
February 21 <sup>st</sup>	February 22 <sup>nd</sup>	February 23 <sup>rd</sup>	February 24 <sup>th</sup>	February 25 <sup>th</sup>
<p><i>Student Holiday</i></p>	<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza(30)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b>Side Item</b> Mashed Potatoes(17) w/ gravy or w/o Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entree</b> French Toast Sticks(40) w/ Sausage (1.6)</p> <p>Crispy Chicken(15) Sandwich 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> Crispy Hashbrowns(19) Caesar Salad(7) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Cheesy Chicken Nachos(41)</p> <p>Homemade Grilled Cheese(32)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b>Side Item</b> Green Beans(4) Garden Salad(2) Baby Carrots(5)</p> <p><b>Dessert</b> Chocolate Chip or Sugar Cookie(18)</p>	<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> Tater Tots(17) Garden Salad(2) Veggie Nibbles(7)</p>
February 28 <sup>th</sup>				
<p><b>Choose 1 Entrée</b> Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>5 WG Chicken Nuggets(16) 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(8) Caesar Salad(7) Baby Carrots(5)</p>				