

# High School Lunch Menu, January 2020

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 &amp; 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 serving 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) &amp; Strawberry(19)</p>
	January 7 <sup>th</sup>	January 8 <sup>th</sup>	January 9 <sup>th</sup>	January 10 <sup>th</sup>
	<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza Stuffed Crust(31)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Turkey &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy w/o Sweet Yellow Corn(8) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Homemade Grilled Cheese(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Caesar Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Teriyaki Chicken(6) &amp; Rice Bowl(34)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Ham &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Spudsters(23) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7) <b>Dessert</b> Chocolate Chip Cookie(18)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Hot &amp; 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><b>Choose up to 3 servings</b> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
January 13 <sup>th</sup>	January 14 <sup>th</sup>	January 15 <sup>th</sup>	January 16 <sup>th</sup>	January 17 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Ham &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Sweet Chili Thai Chicken(6) &amp; Rice Bowl(34)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> French Toast Sticks(37) w/ Sausage (3.3)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Crispy Hashbrowns(19) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> 3 Mini Chicken Tacos(31)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</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><b>Choose up to 3 servings</b> Taco &amp; Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Spaghetti(42) w/ or w/o Meat Sauce(11) &amp; WG Roll (32)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Turkey &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><b>Choose up to 3 servings</b> Sandwich Trimmings(4) Tater Tots(18) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7) <b>Dessert</b> 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>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><b>Choose up to 3 servings</b> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Caesar Salad(5) Baby Carrots(5)</p>

January 20 <sup>th</sup>	January 21 <sup>st</sup>	January 22 <sup>nd</sup>	January 23 <sup>rd</sup>	January 24 <sup>th</sup>
<p><i>Student Holiday</i></p>	<p><b><u>Choose 1 Entrée</u></b>            4 Wild Mike's Cheese Bites(28) w/ ¼ cup            Marinara Dipping Sauce(3)             8 WG Chicken Nuggets(26) w/ WG            Roll(32)             Ham &amp; Cheese(2) on WG Hoagie Bun(39)            w/ or w/o RF Doritos(19)             Cheese or Pepperoni Stuffed Crust            Pizza(31)   <b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Mashed Potatoes(17) w/ gravy(1) or w/o            Sweet Yellow Corn(8)            Caesar Salad(2)            Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b>            Bone-in Chicken Drumstick(11) w/ WG            Biscuit(27)             Spicy Crispy Chicken(14) Sandwich on WG            Bun(29) w/ or w/o RF Doritos(19)             Grilled Chicken(1) Salad w/ WG Roll(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Tater Tots(18)            Sweet Green Peas(11)            Caesar Salad(5)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            WG RF Fritos(20) Chips, Chili &amp; Cheese(18)             Homemade Grilled Cheese(32)             Southwest Chicken Salad(22) w/ WG            Tortilla Chips(36)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Spudsters(23)            Green Beans(4)            Garden Salad(2)            Veggie Nibbles(7)   <b><u>Dessert</u></b>            Chocolate Chip Cookie(18)</p>	<p><b><u>Choose 1 Entrée</u></b>            Charbroiled Hamburger(1) or            Cheeseburger(5) on WG Bun(29)             3 WG Chicken Tenders(17) w/ WG Roll(32)             WG Crunchy Fish Sticks(29) w/ WG            Roll(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Hamburger Trimmings(4)            Oven Baked Fries(17)            Bush's Baked Beans(29)            Garden Salad(2)            Baby Carrots(5)</p>
January 27 <sup>th</sup>	January 28 <sup>th</sup>	January 29 <sup>th</sup>	January 30 <sup>th</sup>	January 31 <sup>st</sup>
<p><b><u>Choose 1 Entrée</u></b>            Cheese or Pepperoni Pizza Stuffed            Crust(31)             8 WG Chicken Nuggets(26) w/ WG Roll(32)             Crispy Chicken(15) Sandwich on WG            Bun(29) w/ or w/o RF Doritos(19)             Manager's Choice   <b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Mashed Potatoes(17) w/ gravy or w/o            Sweet Yellow Corn(8)            Garden Salad(2)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            Nick's BBQ Sandwich(2) on WG Bun(29)             Grilled Chicken(1) Salad w/ WG Roll(32)             3 WG Chicken Tenders(17) w/ WG            Roll(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Tater Tots(18)            Fresh Steamed Broccoli w/ Cheese            Sauce(5)            Garden Salad(2)            Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b>            Hot Dog w/or w/o chili and cheese(3.3) on            WG Bun(31)             Spicy Crispy Chicken(14) Sandwich on WG            Bun(29) w/ or w/o RF Doritos(19)             Mini Chef w/ Turkey(4) w/ WG Roll(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Curly Fries(25)            Bush's Baked Beans(29)            Caesar Salad(5)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            Beefy Cheesy Nachos(41)             Southwest Chicken Salad(22) w/ WG            Tortilla Chips(36)             Homemade Grilled Cheese(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Spudsters(23)            Sweet Green Peas(11)            Garden Salad(2)            Veggie Nibbles(7)   <b><u>Dessert</u></b>            Sugar Cookie(18)</p>	<p><b><u>Choose 1 Entrée</u></b>            Charbroiled Hamburger(1) or            Cheeseburger(5) on WG Bun(29)             Mini Corn Dog Nuggets(32)             3 Hot &amp; Spicy Chicken Tenders (17) w/ WG            Roll(32)             Cheese or Pepperoni Pizza(30)   <b><u>Choose up to 3 servings</u></b>            Hamburger Trimmings(4)            Oven Baked Fries(17)            Green Beans(4)            Garden Salad(2)            Baby Carrots(5)</p>