


Middle & High School Lunch Menu – January 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>
	January 4th	January 5th	January 6th	January 7th
	<p>Choose 1 Entrée Stuffed Crust Cheese or Pepperoni Pizza(31)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll(32)</p> <p>Side Item Mashed Potatoes(17) w/ gravy or w/o Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entrée Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Side Item Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Side Item Tater Tots(18) 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>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) Veggie Nibbles(7)</p>
January 10th	January 11th	January 12th	January 13th	January 14th
<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) 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>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Side Item Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 4 Wild Mike's Cheese Bites(28)</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 Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entrée Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Side Item Green Beans(4) 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>Cheese or Pepperoni Pizza(30)</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>

January 17 th	January 18 th	January 19 th	January 20 th	January 21 st
<i>Student Holiday</i>	<u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza (30) 8 WG Chicken Nuggets(26) w/ WG Roll(32) Mini Chef w/ Turkey (4) w/ WG Roll(32) <u>Side Item</u> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)	<u>Choose 1 Entrée</u> 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) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Also available Homemade Macaroni & Cheese(24) <u>Side Item</u> Green Beans(4) Garden Salad(2) Veggie Nibbles(7)	<u>Choose 1 Entrée</u> Nick's BBQ Sandwich(2) on WG Bun(29) Mini Corn Dog Nuggets(32) Southwest Chicken Salad(22) w/ WG Roll(32) <u>Side Item</u> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5) <u>Dessert</u> Chocolate Chip or Sugar Cookie(18)	<u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Cheese or Pepperoni Pizza (30) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) <u>Side Item</u> Curly Fries(25) Caesar Salad(7) Veggie Nibbles(7)
	<u>Choose 1 Entrée</u> Stuffed Crust Cheese or Pepperoni Pizza(31) 8 WG Chicken Nuggets(26) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) <u>Side Item</u> Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)	<u>Choose 1 Entrée</u> Tangerine Chicken(6) & Rice Bowl(34) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19) Mini Chef w/ Ham(4) w/ WG Roll(32) <u>Side Item</u> Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)	<u>Choose 1 Entrée</u> French Toast Sticks(40) w/2 Sausage Patties(3.3) Mini Chef w/ Turkey (4) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) <u>Side Item</u> Crispy Hashbrowns(19) Garden Salad(2) Baby Carrots(5)	<u>Choose 1 Entrée</u> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3) Cheese or Pepperoni Pizza(30) Grilled Chicken(1) Salad w/ WG Roll(32) <u>Side Item</u> Waffle Fries(23) Caesar Salad(7) Veggie Nibbles(7) <u>Dessert</u> Chocolate Chip or Sugar Cookie(18)
<u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza(34) 8 WG Chicken Nuggets(26) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) <u>Side Item</u> Mashed Potatoes(17) w/ gravy or w/o Caesar Salad(7) Baby Carrots(5)				