


# Preschool & Elementary Lunch Menu – January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>RF= Reduced Fat V = Vegetarian Option WG = Whole Grain</p> <p><b>Uncrustable PBJ or Soy Butter Uncrustable w/ WG Cheez-Its &amp; Cheese Stick Offered Monday, Wednesday and Friday</b></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 4 <sup>th</sup>	January 5 <sup>th</sup>	January 6 <sup>th</sup>	January 7 <sup>th</sup>
	<p><b>Choose 1 Entrée</b> Stuffed Crust Cheese or Pepperoni Pizza(31)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll(32)</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 Entrée</b> Crispy 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) &amp; Cheese stick(2)</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> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><b>Side Item</b> Tater Tots(18) Garden Salad(5) 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> Oven Baked Fries(17) Garden Salad(5) Veggie Nibbles(7)</p>
January 10 <sup>th</sup>	January 11 <sup>th</sup>	January 12 <sup>th</sup>	January 13 <sup>th</sup>	January 14 <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) 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)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>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> 4 Wild Mike's Cheese Bites(28)</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> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Teriyaki Chicken(6) &amp; Rice Bowl(34)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b>Side Item</b> Green Beans(4) 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)</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> Oven Baked Fries(17) Caesar Salad(7) Baby Carrots(5)</p>

January 17 <sup>th</sup>	January 18 <sup>th</sup>	January 19 <sup>th</sup>	January 20 <sup>th</sup>	January 21 <sup>st</sup>
<i>Student Holiday</i>	<p><b><u>Choose 1 Entrée</u></b> Cheese or Pepperoni Pizza (30)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll(32)</p> <p><b><u>Side Item</u></b> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Also available Homemade Macaroni &amp; Cheese(24)</p> <p><b><u>Side Item</u></b> Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><b><u>Side Item</u></b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Chocolate Chip or Sugar Cookie(18)</p>	<p><b><u>Choose 1 Entrée</u></b> 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) &amp; Cheese Stick(2)</p> <p><b><u>Side Item</u></b> Curly Fries(25) Caesar Salad(7) Veggie Nibbles(7)</p>
	<p><b><u>Choose 1 Entrée</u></b> Stuffed Crust Cheese or Pepperoni Pizza(31)</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><u>Side Item</u></b> Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Tangerine Chicken(6) &amp; Rice Bowl(34)</p> <p>Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b><u>Side Item</u></b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> French Toast Sticks(40) w/ Sausage (1.6)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll(32)</p> <p>WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b><u>Side Item</u></b> Crispy Hashbrowns(19) Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p><b><u>Side Item</u></b> Waffle Fries(2) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b><u>Dessert</u></b> Chocolate Chip or Sugar Cookie(18)</p>
<b>January 31<sup>st</sup></b>				
<p><b><u>Choose 1 Entrée</u></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><u>Side Item</u></b> Mashed Potatoes(17) w/ gravy or w/o Caesar Salad(2) Baby Carrots(5)</p>				