
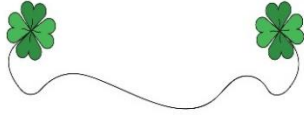


Middle & High School Lunch Menu – March 2023

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) White 1%(13) Fat Free Chocolate(20)</p>
		March 1 st	March 2 nd	March 3 rd
		<p>Choose 1 Entrée Hot Dog w/or w/o chili and cheese (13) on WG Bun (30)</p> <p>Stuffed Crust Cheese or Pepperoni Pizza (31)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Tater Tots (19) Green Beans (4) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée WG Regular or Spicy Chicken Tenders (6) w/ WG Biscuit (23)</p> <p>3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</p> <p>Turkey & Cheese (2) on WG Bun (30) w/ RF Doritos (20)</p> <p>Side Item Curly Fries (25) Spinach Maria (16) Caesar Salad (5) Veggie Nibbles (5)</p> <p>Dessert Chocolate Chip or Sugar Cookie (18)</p>	<p>Choose 1 Entrée Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>WG Crunchy Fish Sticks (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Oven Baked Fries (19) Bush's Baked Beans (30) Caesar Salad (5) Baby Carrots (5)</p>
March 6 th	March 7 th	March 8 th	March 9 th	March 10 th
<p>Choose 1 Entrée Big Daddy's Cheese or Pepperoni Pizza (43)</p> <p>8 WG Chicken Nuggets (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Caesar Salad (5) Baby Carrots (5)</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos (32)</p> <p>Homemade Grilled Cheese (34)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll (32)</p> <p>Side Item Bush's Black Beans (30) Garden Salad (2) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Nick's BBQ Sandwich (2) on WG Bun (29)</p> <p>Wild Mike's Cheese or Pepperoni Pizza (30)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese Stick (1)</p> <p>Side Item Waffle Fries (26) California Blend Mixed Vegetables Garden Salad (2) Baby Carrots (5)</p> <p>Dessert Cool Tropics Slush</p>	<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>

March 13 th	March 14 th	March 15 th	March 16 th	March 17 th
 SPRING BREAK!	 SPRING BREAK!	 SPRING BREAK!	 SPRING BREAK!	 SPRING BREAK!
March 20 th	March 21 st	March 22 nd	March 23 rd	March 24 th
<p><u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (43)</p> <p>8 WG Chicken Nuggets (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Garden Salad (2) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> 4 Wild Mike's Cheese Bites (28)</p> <p>Hot Ham and Cheese Sandwich (34)</p> <p>Mini Chef w/ Ham (4) w/ WG Roll (32)</p> <p><u>Side Item</u> Tater Tots (19) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)</p>	<p>Early Release Day Box Lunch Options –</p> <p>Crispy Chicken (15) Sandwich on WG Bun (30) w/ RF Doritos (20)</p> <p>Deli Sandwich (2) on WG Bun (30) w/ RF Doritos (20)</p> <p>WG Uncrustable PBJ or Soy (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Waffle Fries (26) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> WG Buttery Maple Snack N' Waffle (37) w/ 2 Sausage Patties (3)</p> <p>Tony's Cheese or Pepperoni Pizza (35)</p> <p>Turkey & Cheese (2) on WG Bun (30) w/ RF Doritos (20)</p> <p><u>Side Item</u> Crispy Hashbrowns(31) Caesar Salad (5) Baby Carrots (5)</p> <p><u>Dessert</u> Cool Tropics Slush</p>	<p><u>Choose 1 Entrée</u> Patty Melt (31)</p> <p>Mini Corn Dog Nuggets (30)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Oven Baked Fries (19) Green Beans (4) Caesar Salad (5) Veggie Nibbles (5)</p>
March 27 th	March 28 th	March 29 th	March 30 th	March 31 st
<p><u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza (30)</p> <p>8 WG Chicken Nuggets (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Curly Fries (25) Sweet Green Peas (11) Garden Salad (2) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> Spaghetti (42) w/ or w/o Meat Sauce (10) & WG Roll (32)</p> <p>Homemade Grilled Cheese (34)</p> <p>Southwest Chicken Salad (22) w/ WG Roll (32)</p> <p><u>Side Item</u> Tater Tots (19) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)</p>	<p><u>Choose 1 Entrée</u> WG Regular or Spicy Chicken Tenders (6) w/ WG Roll (32)</p> <p>Stuffed Crust Cheese or Pepperoni Pizza (31)</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p><u>Side Item</u> Waffle Fries (26) Spinach Maria (16) Garden Salad (2) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> Chicken (15) & Waffle (23) Sandwich</p> <p>Mini Corn Dog Nuggets (30)</p> <p>Turkey & Cheese (2) on WG Bun (30) w/ RF Doritos (20)</p> <p><u>Side Item</u> Mashed Potatoes (17) w/ or w/o gravy (4) Sweet Yellow Corn (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p><u>Dessert</u> Cool Tropics Slush</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>WG Crunchy Fish Sticks (32) w/ WG Roll (32)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Oven Baked Fries (19) Bush's Baked Beans (30) Caesar Salad (5) Baby Carrots (5)</p>