

Middle & High School Lunch Menu – May 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>All ham products used in this menu are Turkey Ham</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>
May 1 st	May 2 nd	May 3 rd	May 4 th	May 5 th
<p>Choose 1 Entrée Big Daddy's Cheese or Pepperoni Pizza (42)</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 Crispy Chicken (15) Sandwich on WG Bun (30) w/ RF Doritos (19)</p> <p>4 Wild Mike's Cheese Bites (28)</p> <p>Mini Chef w/ Turkey (4) w/ WG Roll (32)</p> <p>Side Item Waffle Fries (26) Fresh Steamed Broccoli w/ Cheese Sauce (5) Caesar Salad (5) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Homemade Grilled Cheese (34)</p> <p>Grilled Chicken (1) Sandwich on WG Bun (30) with Lettuce & Tomato & RF Doritos (19)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese Stick (1)</p> <p>Side Item Curly Fries (25) Green Beans (4) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>Corn Dog (30)</p> <p>Grilled Chicken (1) Salad w/ WG Roll (32)</p> <p>Side Item Tater Tots (19) Spinach Maria (16) Garden Salad (2) Veggie Nibbles (5)</p> <p>Dessert Churro Crackers</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos (32)??</p> <p>Tony's Cheese or Pepperoni Pizza (35)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Bush's Black Beans (30) Garden Salad (2) Baby Carrots (5)</p>
May 8 th	May 9 th	May 10 th	May 11 th	May 12 th
<p>Choose 1 Entrée Big Daddy's Cheese or Pepperoni Pizza (42)</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) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée WG Regular or Spicy Chicken Tenders (6) w/ WG Biscuit (28)</p> <p>Homemade Grilled Cheese (34)</p> <p>Southwest Chicken Salad (22) w/ WG Roll (32)</p> <p>Side Item Crispy Hashbrowns (31) Green Beans (4) Garden Salad (2) Veggie Nibbles (5)</p>	<p>Choose 1 Entrée Nick's BBQ Sandwich (2) on WG Bun (29)</p> <p>Manager's Choice</p> <p>WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)</p> <p>Side Item Waffle Fries (26) Bush's Baked Beans (30) Garden Salad (2) Baby Carrots (5)</p>	<p>Choose 1 Entrée WG Regular or Spicy Chicken Tenders (6) w/ WG Biscuit (28)</p> <p>Stuffed Crust Cheese or Pepperoni Pizza (31)</p> <p>Ham & Cheese (2) on WG Bun (30) w/ RF Doritos (20)</p> <p>Side Item Tater Tots (19) Sweet Yellow Corn (15) Caesar Salad (5) Veggie Nibbles (5)</p> <p>Dessert Cool Tropics Slush</p>	<p>Choose 1 Entrée Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)</p> <p>4 Wild Mike's Cheese Bites (28)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p>Side Item Oven Baked Fries (14) California Blend Vegetables (5) Caesar Salad (5) Baby Carrots (5)</p>

May 15 th	May 16 th	May 17 th	May 18 th	May 19 th
<p><u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (42)</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> 3 WG Max Cheese Sticks (48) w/ ¼ cup Marinara Dipping Sauce (3)</p> <p>Crispy Chicken (15) Sandwich on WG Bun (30) w/ RF Doritos (19)</p> <p>Southwest Chicken Salad (22) w/ WG Roll (32)</p> <p><u>Side Item</u> Curly Fries (25) Fresh Steamed Broccoli w/ Cheese Sauce (5) Garden Salad (2) Veggie Nibbles (5)</p>	<p><u>Choose 1 Entree</u> Buttery Maple Snack N' Waffle (31) w/ 2 Sausage Patties (3)</p> <p>Tony's Cheese or Pepperoni Pizza (35)</p> <p>WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)</p> <p><u>Side Item</u> Crispy Hashbrowns(31) Garden Salad (2) Baby Carrots (5)</p>	<p><u>Choose 1 Entrée</u> Hot Dog w/or w/o chili and cheese (13) on WG Bun (30)</p> <p>WG Regular or Spicy Chicken Tenders (6) w/ WG Biscuit (28)</p> <p>Ham & Cheese (2) on WG Bun (30) w/ RF Doritos (20)</p> <p><u>Side Item</u> Tater Tots (19) Bush's Baked Beans (30) Caesar Salad (5) Veggie Nibbles (5)</p> <p><u>Dessert</u> Chocolate Chip or Sugar Cookie (18)</p>	<p><i>Manager's Choice</i></p>
May 22 nd	May 23 rd	May 24 th		
<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>	<p><i>½ Day for Students</i></p> <p>Breakfast Offered</p>		