

Preschool & Elementary Lunch Menu – May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Uncrustable PBJ or Soy Butter Uncrustable w/ WG Cheez-Its & Cheese Stick Offered Monday, Wednesday and Friday		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. Sandwich Trimmings(4) offered with all sandwich choices	Approximate grams of Carbohydrates per serving is shown in parenthesis Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20)
May 2 nd	May 3 rd	May 4 th	May 5 th	May 6 th
<u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza(34) 5 WG Chicken Nuggets(16) 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)	<p style="text-align: center;"><i>Student Holiday</i></p>	<u>Choose 1 Entrée</u> 3 WG Chicken Tenders (16) w/ WG Roll (32) Mini Chef w/ Turkey(4) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) <u>Side Item</u> Waffle Fries(2) Garden Salad(5) Veggie Nibbles(7)	<u>Choose 1 Entrée</u> French Toast Sticks(40) w/ Sausage (1.6) Grilled Chicken(1) Salad w/ WG Roll(32) Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19) <u>Side Item</u> Crispy Hashbrowns(19) Caesar Salad(7) Baby Carrots(5) <u>Dessert</u> Chocolate Chip or Sugar Cookie (18)	<u>Choose 1 Entrée</u> Big Daddy's Cheese or Pepperoni Pizza (43) Homemade Grilled Cheese(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) <u>Side Item</u> Oven Baked Fries(17) Caesar Salad(7) Veggie Nibbles (7)
May 9 th	May 10 th	May 11 th	May 12 th	May 13 th
<u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza(34) 5 WG Chicken Nuggets(16) 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 Garden Salad(2) Baby Carrots(5)	<u>Choose 1 Entrée</u> Hot Dog w/or w/o chili and cheese(3.3) on WG Bun(31) Cheese or Pepperoni Pizza(30) Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos <u>Side Item</u> Waffle Fries(23) Garden Salad(2) Veggie Nibbles(7)	<u>Choose 1 Entrée</u> 4 Wild Mike's Cheese Bites(28) Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) <u>Side Item</u> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5)	<u>Choose 1 Entrée</u> Nick's BBQ Sandwich(2) on WG Bun(29) Mini Corn Dog Nuggets(32) Grilled Chicken(1) Salad w/ WG Roll(32) <u>Side Item</u> Bush's Baked Beans(29) Caesar Salad(7) Veggie Nibbles(7) <u>Dessert</u> Chocolate Chip or Sugar Cookie(18)	<u>Choose 1 Entrée</u> Homemade Grilled Cheese (32) 3 WG Chicken Tenders (16) w/ WG Roll (32) WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese Stick (2) <u>Side Item</u> Tater Tots(17) Caesar Salad(7) Baby Carrots(5)

May 16 th	May 17 th	May 18 th	May 19 th	May 20 th
<p>Choose 1 Entrée Big Daddy's Cheese or Pepperoni Pizza (43)</p> <p>5 WG Chicken Nuggets(16) 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) Caesar Salad(7) Baby Carrots(5)</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos (41)</p> <p>Cheese or Pepperoni Pizza (30)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Side Item Crispy Hashbrowns(19) Caesar Salad(7) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Mini Corn Dog Nuggets (32)</p> <p>Homemade Grilled Cheese (32)</p> <p>WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (2)</p> <p>Side Item Green Beans(4) Garden Salad(2) Baby Carrots (5)</p>	<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>
May 23 rd	May 24 th	May 25 th		
<p><i>Manager's Choice</i></p>	<p><i>Manager's Choice</i></p>	<p><i>½ Day for Students</i></p>		