

Elementary Lunch Menu November 2018

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p>KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily.</p> <p>Students may select up to two servings of fresh fruit offered daily</p> <p>All meals include a choice of a ½ pint of Milk.</p> <p>We feature the following Mayfield Milk Choices: White Skim (13) White 1% (13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19)</p>	<p>RF = Reduced Fat v = Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily</p>	<p>For the benefit of the diabetic student the approximate grams of Carbohydrates per serving is shown in parenthesis</p> <p>All ham used in the KCS Nutrition Program is Turkey Ham</p>		
			1	2
			<p>Choose 1 Entrée WG RF Fritos(20) Chips, Chili & Cheese(18)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Potato Smiles(25) Sweet Green Peas(11) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><i>National Cookie Monster Day</i></p> <p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p>Dessert Sugar Cookie(18)</p>
5	6	7	8	9
<p>Choose 1 Entrée Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><i>Student Holiday</i></p>	<p>Choose 1 Entrée Hot Italian Hero(6) w/ Cheese(2) on WG Hoagie Bun (39)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Scalloped Potatoes(24) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 2 WG Max Cheese Sticks(32) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Curly Fries(25) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p> <p>Dessert Cool Tropics Blue Raspberry(15)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Fish Sandwich(16) w/ or w/o Cheese(4) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Potato Smiles(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>
12	13	14	15	16
<p>Choose 1 Entrée 4 Wild Mike's Cheese Bites(28)</p> <p>Corn Dog(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Tater Tots(18) Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Oven Baked Chicken(6) w/ WG Roll(32)</p> <p>Ham & Cheese(2) Wrap(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Wrap Trimmings(4) Potato Smiles(25) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Nicks's BBQ Sandwich(2) on WG Bun(29)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Choose up to 3 servings Scalloped Potatoes(24) Bush's Baked Beans(29) Caesar Salad(5) Baby Carrots(5)</p>	<p><i>Holiday Meal</i></p> <p>Choose 1 Entrée Turkey & Dressing(18) w/ WG Roll(30)</p> <p>Sliced Ham w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Green Beans(4) Veggie Nibbles(7)</p> <p>Dessert Pumpkin Pie(47)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)</p>

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19	20	21	22	23
<p><u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza(30)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><i>Manager's Choice</i></p>	<p><i>Student Holiday</i></p>	<p><i>Student Holiday</i></p>	<p><i>Student Holiday</i></p>
26	27	28	29	30
<p><u>Choose 1 Entrée</u> Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Potato Smiles(25) Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Pot Roast(2) w/ WG Roll(32)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Green Beans(4) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><i>Breakfast for Lunch</i></p> <p><u>Choose 1 Entrée</u> Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Turkey & Cheese(2) Wrap(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Wrap Trimmings(4) Crispy Hashbrowns(19) Fresh Steamed Broccoli w/ cheese sauce(5) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Cheesy Chicken Nachos(29)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Curly Fries(25) Glazed Carrots(12) Garden Salad(2) Veggie Nibbles(7)</p> <p><u>Dessert</u> Chocolate Chip Cookie(18)</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Fish Sandwich(16) w/ or w/o Cheese(4) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>