

## 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><b>We feature the following Mayfield Milk Choices:</b>            White Skim (13)            White 1% (13)            Fat Free Chocolate(20)            Vanilla(19) &amp; 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 &amp; 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><b>Choose 1 Entrée</b>            WG RF Fritos(20) Chips, Chili &amp; Cheese(18)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            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><b>Choose 1 Entrée</b>            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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Hamburger Trimmings(4)            Oven Baked Fries(17)            Bush's Baked Beans(29)            Garden Salad(2)            Baby Carrots(5)</p> <p><b>Dessert</b>            Sugar Cookie(18)</p>
5	6	7	8	9
<p><b>Choose 1 Entrée</b>            Teriyaki Chicken(6) &amp; Rice Bowl(34)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            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><b>Choose 1 Entrée</b>            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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Sandwich Trimmings(4)            Scalloped Potatoes(24)            Glazed Carrots(12)            Caesar Salad(5)            Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b>            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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Curly Fries(25)            Fresh Steamed Broccoli w/ Cheese Sauce(5)            Garden Salad(2)            Veggie Nibbles(7)</p> <p><b>Dessert</b>            Cool Tropics Blue Raspberry(15)</p>	<p><b>Choose 1 Entrée</b>            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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Hamburger Trimmings(4)            Potato Smiles(25)            Green Beans(4)            Garden Salad(2)            Baby Carrots(5)</p>
12	13	14	15	16
<p><b>Choose 1 Entrée</b>            4 Wild Mike's Cheese Bites(28)</p> <p>Corn Dog(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Tater Tots(18)            Sweet Yellow Corn(8)            Garden Salad(2)            Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b>            Oven Baked Chicken(6) w/ WG Roll(32)</p> <p>Ham &amp; Cheese(2) Wrap(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Wrap Trimmings(4)            Potato Smiles(25)            Fresh Steamed Broccoli w/ Cheese Sauce(5)            Caesar Salad(5)            Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b>            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) &amp; Cheese stick(2)</p> <p><b>Choose up to 3 servings</b>            Scalloped Potatoes(24)            Bush's Baked Beans(29)            Caesar Salad(5)            Baby Carrots(5)</p>	<p><i>Holiday Meal</i></p> <p><b>Choose 1 Entrée</b>            Turkey &amp; Dressing(18) w/ WG Roll(30)</p> <p>Sliced Ham w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Mashed Potatoes(17) w/ gravy (1) or w/o            Sweet Yellow Corn(8)            Green Beans(4)            Veggie Nibbles(7)</p> <p><b>Dessert</b>            Pumpkin Pie(47)</p>	<p><b>Choose 1 Entrée</b>            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) &amp; Cheese Stick(2)</p> <p><b>Choose up to 3 servings</b>            Hamburger Trimmings(4)            Oven Baked Fries(17)            Sweet Green Peas(11)            Garden Salad(2)            Baby Carrots(5)</p>

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<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<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>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            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>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b><u>Choose 1 Entrée</u></b>            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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            Potato Smiles(25)            Sweet Yellow Corn(8)            Garden Salad(2)            Baby Carrots(5)</p>	<p><i>Breakfast for Lunch</i></p> <p><b><u>Choose 1 Entrée</u></b>            Chicken(15) &amp; Waffles(32) w/ or w/o syrup(33)</p> <p>Turkey &amp; Cheese(2) Wrap(22)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            Wrap Trimmings(4)            Crispy Hashbrowns(19)            Fresh Steamed Broccoli w/ cheese sauce(5)            Garden Salad(2)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Mashed Potatoes(17) w/ gravy(1) or w/o            Green Beans(4)            Caesar Salad(5)            Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b>            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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            Curly Fries(25)            Glazed Carrots(12)            Garden Salad(2)            Veggie Nibbles(7)</p> <p><b><u>Dessert</u></b>            Chocolate Chip Cookie(18)</p>	<p><b><u>Choose 1 Entrée</u></b>            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) &amp; Cheese Stick(2)</p> <p><b><u>Choose up to 3 servings</u></b>            Hamburger Trimmings(4)            Oven Baked Fries(17)            Green Beans(4)            Garden Salad(2)            Baby Carrots(5)</p>