






Middle & High School Lunch Menu – November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<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>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) While 1%(13) Fat Free Chocolate(20)</p>
November 2 nd	November 3 rd	November 4 th	November 5 th	November 6 th
<p>Choose 1 Entrée Hot option Cheese or Pepperoni Pizza (30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Sides Sweet Yellow Corn(8)</p>	<p><i>Student Holiday</i></p>	<p>Choose 1 Entrée Hot Option 3 WG Max Cheese Sticks(48) Or Cheese Pizza(30)</p> <p>Cold Option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ Doritos(19)</p> <p>Sides Green Beans(4) Baby Carrots(5)</p>	<p>Choose 1 Entrée Hot option French Toast Sticks(40) w/ 2 Sausage Patties(3.3) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Sides Crispy Hashbrowns(19)</p> <p>Dessert RF Sugar or Chocolate Chip Cookie(18)</p>	<p>Choose 1 Entrée Hot option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Shredded Turkey Salad(4) w/ WG Roll(32)</p> <p>Sides Spudsters(23) Baby Carrots(5)</p>
November 9 th	November 10 th	November 11 th	November 12 th	November 13 th
<p>Choose 1 Entrée Hot option Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Sweet Yellow Corn(8)</p>	<p>Choose 1 Entrée Hot option 4 Wild Mike's Cheese Bites(28) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Sides Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p>Hot option 3 WG Hot & Spicy Chicken Tenders(17) w/ WG Roll(32) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Mashed Potatoes(17)</p>	<p>Choose 1 Entrée Hot option Nick's BBQ Sandwich(2) on WG Bun(29) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Sides Bush's Baked Beans(29) Baby Carrots(5)</p> <p>Dessert RF Sugar or Chocolate Chip Cookie(18)</p>	<p>Choose 1 Entrée Hot Option Cheesy Chicken Nachos(41) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Shredded Turkey Salad(4) w/ WG Roll(32)</p> <p>Sides Green Beans(4)</p>

November 16 th	November 17 th	November 18 th	November 19 th	November 20 th
<p>Choose 1 Entrée Hot option Stuffed Crust Cheese or Pepperoni Pizza(31)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Sweet Yellow Corn</p>	<p>Choose 1 Entrée Hot option Bone-In Chicken Drumstick(11) w/ WG Biscuit(27) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Shredded Turkey Salad(4) w/ WG Roll(32)</p> <p>Sides Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée Hot option Hot Dog on WG Bun(31) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Bush's Baked Beans(29)</p>	<p><i>Holiday Meal</i></p> <p>Choose 1 Entrée Turkey & Dressing(18) w/ WG Roll(30) Sliced Ham w/ WG Roll(32) Cheese or Pepperoni Pizza(30)</p> <p>Sides Mashed Potatoes(17) Green Beans(4)</p> <p>Dessert Pumpkin Pie(47)</p>	<p>Choose 1 Entrée Hot Option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Or Cheese Pizza(30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Sides Spudsters(23) Baby Carrots(5)</p>
November 23 rd	November 24 th	November 25 th	November 26 th	November 27 th
<p>Choose 1 Entrée Hot option Cheese or Pepperoni Pizza (30)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Sweet Yellow Corn(8)</p>	<p><i>Manager's Choice</i></p>			
November 30 th				
<p>Choose 1 Entrée Hot option Stuffed Crust Cheese or Pepperoni Pizza(31) Or Grilled Cheese(32)</p> <p>Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)</p> <p>Sides Sweet Yellow Corn(8)</p>				