






# Preschool & Elementary Lunch Menu – October 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 &amp; 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>
			<b>October 1<sup>st</sup></b>	<b>October 2<sup>nd</sup></b>
			<p><b>Choose 1 Entrée</b> Chicken(15) &amp; Waffle(32) Sandwich WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2) Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b>Sides</b> Crispy Hashbrowns(19) Baby Carrots(5)</p> <p><b>Dessert</b> RF Sugar or Chocolate Chip Cookie(18)</p>	<p><i>World Smile Day</i> ☺ <b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2) Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b>Sides</b> Potato Smiles(25)</p>
<b>October 5<sup>th</sup></b>	<b>October 6<sup>th</sup></b>	<b>October 7<sup>th</sup></b>	<b>October 8<sup>th</sup></b>	<b>October 9<sup>th</sup></b>
<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza (30) WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2) Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b>Sides</b> Sweet Yellow Corn(8)</p>	<p><b>Choose 1 Entrée</b> Mini Corn Dog Nuggets (32) WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2) Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b>Sides</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p><b>Choose 1 Entree</b> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2) Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b>Sides</b> Tater Tots(18)</p>	<p><b>Choose 1 Entrée</b> Nick's BBQ Sandwich(2) on WG Bun(29) WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2) Or Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b>Sides</b> Bush's Baked Beans(29) Baby Carrots(5)</p> <p><b>Dessert</b> RF Sugar or Chocolate Chip Cookie(18)</p>	<p><i>Manager's Choice</i></p>

October 12 <sup>th</sup>	October 13 <sup>th</sup>	October 14 <sup>th</sup>	October 15 <sup>th</sup>	October 16 <sup>th</sup>
				
October 19 <sup>th</sup>	October 20 <sup>th</sup>	October 21 <sup>st</sup>	October 22 <sup>nd</sup>	October 23 <sup>rd</sup>
<p><b><u>Choose 1 Entrée</u></b> Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Sweet Yellow Corn(8)</p>	<p><b><u>Choose 1 Entrée</u></b> Teriyaki Chicken(6) &amp; Rice Bowl(34)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b><u>Sides</u></b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Curly Fries(25)</p>	<p><b><u>Choose 1 Entrée</u></b> 4 Wild Mike's Cheese Bites(28)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p>Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b><u>Sides</u></b> Tater Tots(18) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Orange &amp; White Sidekick(22)</p>	<p><b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Oven Baked Fries(17)</p>
October 26 <sup>th</sup>	October 27 <sup>th</sup>	October 28 <sup>th</sup>	October 29 <sup>th</sup>	October 30 <sup>th</sup>
<p><b><u>Choose 1 Entrée</u></b> Stuffed Crust Cheese or Pepperoni Pizza(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Sweet Yellow Corn(8)</p>	<p><b><u>Choose 1 Entrée</u></b> 3 WG Max Cheese Sticks(48)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p>Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos</p> <p><b><u>Sides</u></b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p><b><u>Hot option</u></b> 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>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Mashed Potatoes(17)</p>	<p><b><u>Choose 1 Entrée</u></b> Hot Dog on WG Bun(31)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p><b><u>Sides</u></b> Bush's Baked Beans(29) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Orange &amp; White Sidekick(22)</p>	<p><b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p><b><u>Sides</u></b> Oven Baked Fries(17)</p>