







Middle & High School Lunch Menu – October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its & Cheese Stick Offered Daily		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)
			October 1 st	October 2 nd
			Choose 1 Entrée Hot option Chicken(15) & Waffle(32) Sandwich Or Cheese Pizza(30) 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) Sides Crispy Hashbrowns(19) Baby Carrots(5) Dessert RF Sugar or Chocolate Chip Cookie(18)	<i>World Smile Day ☺</i> Choose 1 Entrée Hot Option Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) Or Cheese Pizza(30) Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32) Sides Potato Smiles(25)
October 5 th	October 6 th	October 7 th	October 8 th	October 9 th
Choose 1 Entrée Hot option Cheese or Pepperoni Pizza (30) Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Ham(4) w/ WG Roll(32) Sides Sweet Yellow Corn(8)	Choose 1 Entrée Hot option Mini Corn Dog Nuggets (32) Or Cheese Pizza(30) Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2) Or Southwest Chicken Salad(22) w/ WG Roll(32) Sides Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)	Choose 1 Entrée Hot option Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) Or Cheese Pizza(30) 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) Sides Tater Tots(18)	Choose 1 Entrée Hot option Nick's BBQ Sandwich(2) on WG Bun(29) Or Cheese Pizza(30) Cold option WG Jamwich PBJ(35) w/ Cheez-Its(14) & Cheese stick(2) Or Mini Chef w/ Turkey(4) w/ WG Roll(32) Sides Bush's Baked Beans(29) Baby Carrots(5) Dessert RF Sugar or Chocolate Chip Cookie(18)	<i>Manager's Choice</i>

October 12 th	October 13 th	October 14 th	October 15 th	October 16 th
				
October 19 th	October 20 th	October 21 st	October 22 nd	October 23 rd
<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 Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Sides Sweet Yellow Corn(8)</p>	<p>Choose 1 Entrée Hot option Teriyaki Chicken(6) & Rice Bowl(34) Or Cheese Pizza(30)</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 Fresh Steamed Broccoli w/ Cheese Sauce(5) Baby Carrots(5)</p>	<p>Choose 1 Entree 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 Southwest Chicken Salad(22) w/ WG Roll(32)</p> <p>Sides Curly Fries(25)</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 Turkey & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Tater Tots(18) Baby Carrots(5)</p> <p>Dessert Orange & White Sidekick(22)</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 Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Sides Oven Baked Fries(17)</p>
October 26 th	October 27 th	October 28 th	October 29 th	October 30 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 Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Sides Sweet Yellow Corn</p>	<p>Choose 1 Entree 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/ RF Doritos</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 Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Sides Mashed Potatoes(17)</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 Ham & Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Sides Bush's Baked Beans(29) Baby Carrots(5)</p> <p>Dessert Orange & White Sidekick(22)</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 Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Sides Oven Baked Fries(17)</p>