




# Elementary Menu, September 2019

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>Approximate grams of Carbohydrates per servings is shown in parenthesis</p> <p>Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20) Vanilla(19) &amp; Strawberry(19)</p>
September 2 <sup>nd</sup>	September 3 <sup>rd</sup>	September 4 <sup>th</sup>	September 5 <sup>th</sup>	September 6 <sup>th</sup>
<p><i>Student Holiday</i></p> 	<p><b><u>Choose 1 Entree</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> Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> 2 WG Max Cheese Sticks(32) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Ham &amp; Cheese(2) on WG Hoagie Bun(39)</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) Curly Fries(25) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Chicken(15) &amp; Waffles(32) w/ or w/o syrup(33)</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><u>Choose up to 3 servings</u></b> Tater Tots(18) Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) 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> Sandwich Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Orange &amp; White Sidekick(22)</p>
September 9 <sup>th</sup>	September 10 <sup>th</sup>	September 11 <sup>th</sup>	September 12 <sup>th</sup>	September 13 <sup>th</sup>
<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><b><u>Choose 1 Entrée</u></b> Cheesy Chicken Nachos(41)</p> <p>Homemade Grilled Ham &amp; Cheese(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> Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)</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) Crispy Hashbrowns(19) Green Beans(4) Caesar Salad(5) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Teriyaki Chicken(6) &amp; Rice Bowl(34)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</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><u>Choose up to 3 servings</u></b> Roasted Baby Potatoes(17) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(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> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Orange &amp; White Sidekick(22)</p>

# Elementary Menu, September 2019

September 16 <sup>th</sup>	September 17 <sup>th</sup>	September 18 <sup>th</sup>	September 19 <sup>th</sup>	September 20 <sup>th</sup>
<p><b><u>Choose 1 Entrée</u></b> 4 Wild Mike's Cheese Bites(28) 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><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><b><u>Choose 1 Entrée</u></b> Knox Smokehouse Rib Sandwich(3.8) on WG Hoagie Bun(39)</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>Also available Homemade Macaroni &amp; Cheese(24)</p> <p><b><u>Choose up to 3 servings</u></b> Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> 3 Mini Chicken Tacos(31)</p> <p>Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39)</p> <p>Cheese or Pepperoni Pizza(30)</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> Taco Trimmings(4) Curly Fries(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Turkey &amp; Cheese(2) on WG Hoagie Bun(39)</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) Tater Tots(18) Sweet Green Peas(11) Caesar Salad(5) Veggie Nibbles(7)</p> <p><b><u>Dessert</u></b></p>	<p><i>Try a Mushroom Day</i> <b><u>Choose 1 Entrée</u></b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) 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> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Mayfield Fudge Stick(10)</p>
September 23 <sup>rd</sup>	September 24 <sup>th</sup>	September 25 <sup>th</sup>	September 26 <sup>th</sup>	September 27 <sup>th</sup>
<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><b><u>Choose 1 Entrée</u></b> Spaghetti(42) w/ or w/o Meat Sauce(11) &amp; WG Roll (32)</p> <p>Ham &amp; Cheese(2) on WG Hoagie Bun(39)</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) Curly Fries(25) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></b> Chicken(15) &amp; Waffles(32) w/ or w/o syrup(33)</p> <p>Mini Corn Dog Nuggets(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> Crispy Hashbrowns(19) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b> Bone-in Chicken Drumstick(11) w/ WG Biscuit(27)</p> <p>Homemade Grilled Ham &amp; Cheese(32)</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><u>Choose up to 3 servings</u></b> Spudsters(23) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b><u>Choose 1 Entrée</u></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><u>Choose up to 3 servings</u></b> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p><b><u>Dessert</u></b> Sugar Cookie(18)</p>
September 30 <sup>th</sup>				
<p><b><u>Choose 1 Entrée</u></b> Wild Mike's Cheese or Pepperoni Pizza (34)</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>				