




# High School Lunch Menu, September 2019

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.	Approximate grams of Carbohydrates per servings is shown in parenthesis  Mayfield Milk Choices - 1/2 pint serving White Skim(13) While 1%(13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19)
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 style="font-size: 2em; font-weight: bold;">Student Holiday</p> 	<p><b>Choose 1 Entrée</b></p> 8 WG Chicken Nuggets(26) w/ WG Roll(32)  Homemade Grilled Ham & Cheese(32)  Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)  Cheese or Pepperoni Stuffed Crust Pizza(31)  <p><b>Choose up to 3 servings</b></p> Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Caesar Salad(5) Veggie Nibbles(7)	<p><b>Choose 1 Entrée</b></p> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)  Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)  Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Sandwich Trimmings(4) Curly Fries(25) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)	<p><b>Choose 1 Entrée</b></p> Nick's BBQ Sandwich(2) on WG Bun(29)  Chicken(15) & Waffles(32) w/ or w/o syrup(33)  Grilled Chicken(1) Salad w/ WG Roll(32)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Tater Tots(18) Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)	<p><b>Choose 1 Entrée</b></p> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  WG Crunchy Fish Sticks(29) w/ WG Roll(32)  Hot & Spicy Chicken Tender Sandwich(17) on WG Hoagie Bun(39)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Sandwich Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)  <p><b>Dessert</b></p> Orange & White Sidekick(22)
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>Choose 1 Entrée</b></p> 8 WG Chicken Nuggets(26) w/ WG Roll(32)  Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19)  Mini Chef w/ Ham(4) w/ WG Roll(32)  Cheese or Pepperoni Stuffed Crust Pizza(31)  <p><b>Choose up to 3 servings</b></p> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)	<p><b>Choose 1 Entrée</b></p> Cheesy Chicken Nachos(41)  Southwest Chicken Salad (22) w/ WG Tortilla Chips(36)  Homemade Grilled Ham & Cheese(32)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)	<p><b>Choose 1 Entrée</b></p> Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)  Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)  Grilled Chicken(1) Salad w/ WG Roll(32)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Sandwich Trimmings(4) Crispy Hashbrowns(19) Green Beans(4) Caesar Salad(5) Baby Carrots(5)	<p><b>Choose 1 Entrée</b></p> Teriyaki Chicken(6) & Rice Bowl(34)  Mini Corn Dog Nuggets(32)  Mini Chef w/ Turkey(4) w/ WG Roll(32)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Roasted Baby Potatoes(17) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)	<p><b>Choose 1 Entrée</b></p> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  Turkey & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)  3 WG Chicken Tenders(17) w/ WG Roll(32)  Cheese or Pepperoni Pizza(30)  <p><b>Choose up to 3 servings</b></p> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)  <p><b>Dessert</b></p> Orange & White Sidekick(22)

# High School Lunch 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>            8 WG Chicken Nuggets(26) w/ WG Roll(32)            Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)            Ham &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)            4 Wild Mike's Cheese Bites(28) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p><b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            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)            Mini Chef w/ Turkey(4) w/ WG Roll(32) Cheese or Pepperoni Pizza(30)            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)            Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)            Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19) Cheese or Pepperoni Pizza(30)</p> <p><b><u>Choose up to 3 servings</u></b>            Taco &amp; Sandwich Trimmings(4)            Curly Fries(25)            Green Beans(4)            Garden Salad(2)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)            Mini Corn Dog Nuggets(32)            Grilled Chicken(1) Salad w/ WG Roll(32) Cheese or Pepperoni Pizza(30)</p> <p><b><u>Choose up to 3 servings</u></b>            Tater Tots(18)            Sweet Green Peas(11)            Caesar Salad(5)            Veggie Nibbles(7)</p>	<p><i>Try a Mushroom Day</i></p> <p><b><u>Choose 1 Entrée</u></b>            Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)            WG Crunchy Fish Sticks(29) w/ WG Roll(32)            Hot &amp; Spicy Chicken Tender Sandwich(17) on WG Hoagie Bun(39)            Cheese or Pepperoni Pizza(30)</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>            8 Piece WG Chicken Nuggets(26) w/ WG Roll(32)            Ham &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)            Grilled Chicken(1) Salad w/ WG Roll(32) Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p><b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            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)            3 WG Chicken Tenders(17) w/ WG Roll(32)            Mini Chef w/ Turkey(4) w/ WG Roll(32) Cheese or Pepperoni Pizza(30)</p> <p><b><u>Choose up to 3 servings</u></b>            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)            Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)            Mini Corn Dog Nuggets(32)            Cheese or Pepperoni Pizza(30)</p> <p><b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Crispy Hashbrowns(19)            Green Beans(4)            Garden Salad(2)            Baby Carrots(5)</p>	<p><b><u>Choose 1 Entrée</u></b>            Sweet Chili Thai Chicken Chicken(6) &amp; Rice Bowl(34)            Southwest Chicken Salad (22) w/ WG Tortilla Chips(36)            Bone-in Chicken Drumstick(11) w/ WG Biscuit(27)            Cheese or Pepperoni Pizza(30)</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)            3 WG Chicken Tenders(17) w/ WG Roll(32)            Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19) Cheese or Pepperoni Pizza(30)</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)            8 WG Chicken Nuggets(26) w/ WG Roll(32)            Grilled Chicken(1) Salad w/ WG Roll(32)            Turkey &amp; Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p><b><u>Choose up to 3 servings</u></b>            Sandwich Trimmings(4)            Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8)            Garden Salad(2)            Baby Carrots(5)</p>				