




Middle School Lunch 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 & 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) & Strawberry(19)</p>
September 2 nd	September 3 rd	September 4 th	September 5 th	September 6 th
<p><i>Student Holiday</i></p> 	<p>Choose 1 Entrée 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Curly Fries(25) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Tater Tots(18) Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p> <p>Dessert Orange & White Sidekick(22)</p>
September 9 th	September 10 th	September 11 th	September 12 th	September 13 th
<p>Choose 1 Entrée 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy (1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p>Choose 1 Entrée Cheesy Chicken Nachos(41)</p> <p>Homemade Grilled Ham & Cheese(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Hot Dog w/or w/o chili and cheese(3.3) on a WG Bun(31)</p> <p>Spicy Crispy Chicken(14) Sandwich on WG Bun(29) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Sandwich Trimmings(4) Crispy Hashbrowns(19) Green Beans(4) Caesar Salad(5) Baby Carrots(5)</p>	<p>Choose 1 Entrée Teriyaki Chicken(6) & Rice Bowl(34)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Roasted Baby Potatoes(17) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p>	<p>Choose 1 Entrée Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Choose up to 3 servings Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p>Dessert Orange & White Sidekick(22)</p>

Middle School Lunch Menu, September 2019

September 16 th	September 17 th	September 18 th	September 19 th	September 20 th
<p><u>Choose 1 Entrée</u> 8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Southwest Chicken Salad(22) w/ WG Tortilla Chips(36)</p> <p>4 Wild Mike's Cheese Bites(28) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Knox Smokehouse Rib Sandwich(3.8) on WG Hoagie Bun(39)</p> <p>Mini Chef w/ Turkey(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>Also available Homemade Macaroni & Cheese(24)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Spudsters(23) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><u>Choose 1 Entrée</u> 3 Mini Chicken Tacos(31)</p> <p>Hot Italian Hero(6) w/ Cheese(2) WG Hoagie Bun (39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Taco & Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> 3 WG Max Cheese Sticks(48) w/ ¼ cup Marinara Dipping Sauce(3)</p> <p>Grilled Chicken(1) Salad w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Tater Tots(18) Sweet Green Peas(11) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><i>Try a Mushroom Day</i></p> <p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p><u>Dessert</u> Mayfield Fudge Stick(10)</p>
September 23 rd	September 24 th	September 25 th	September 26 th	September 27 th
<p><u>Choose 1 Entrée</u> 8 Piece WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Ham & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p>Cheese or Pepperoni Stuffed Crust Pizza(31)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Spaghetti(42) w/ or w/o Meat Sauce(11) & WG Roll (32)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Curly Fries(25) Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><u>Choose 1 Entrée</u> Chicken(15) & Waffles(32) w/ or w/o syrup(33)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Crispy Hashbrowns(19) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><u>Choose 1 Entrée</u> Sweet Chili Thai Chicken(6) & Rice Bowl(34)</p> <p>Bone-in Chicken Drumstick(11) w/ WG Biscuit(27)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Spudsters(23) Sweet Green Peas(11) Garden Salad(2) Veggie Nibbles(7)</p>	<p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p> <p><u>Dessert</u> Sugar Cookie(18)</p>
September 30 th				
<p><u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza (34)</p> <p>8 WG Chicken Nuggets(26) w/ WG Roll(32)</p> <p>Turkey & Cheese(2) on WG Hoagie Bun(39) w/ or w/o RF Doritos(19)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>				