



# Preschool & Elementary Lunch Menu – September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	RF= Reduced Fat V = Vegetarian Option WG = Whole Grain Uncrustable PBJ or Soy Butter Uncrustable w/ WG Cheez-Its & Cheese Stick Offered Daily		KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice 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)
		September 1 <sup>st</sup>	September 2 <sup>nd</sup>	September 3 <sup>rd</sup>
		<u><b>Choose 1 Entrée</b></u> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19)  Homemade Grilled Cheese(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)  <u><b>Side Item</b></u> Waffle Fries(23) Garden Salad(2)	<u><b>Choose 1 Entrée</b></u> Mini Corn Dog Nuggets (32)  Mini Chef w/ Turkey(4) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)  <u><b>Side Item</b></u> Crispy Hashbrowns(19) Baby Carrots(5)  <u><b>Dessert – Different options offered</b></u> Sidekick(22)	<u><b>Choose 1 Entrée</b></u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  WG Crunchy Fish Sticks(29) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)  <u><b>Side Item</b></u> Oven Baked Fries(17) Caesar Salad(7)
September 6 <sup>th</sup>	September 7 <sup>th</sup>	September 8 <sup>th</sup>	September 9 <sup>th</sup>	September 10 <sup>th</sup>
<i>Student Holiday</i>	<u><b>Choose 1 Entrée</b></u> Stuffed Crust Cheese or Pepperoni Pizza(31)  5 WG Chicken Nuggets(16) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)  <u><b>Side Item</b></u> Mashed Potatoes(17) w/ gravy or w/o Baby Carrots(5)	<u><b>Choose 1 Entrée</b></u> Nick's BBQ Sandwich(2) on WG Bun(29)  Cheese or Pepperoni Pizza(30)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)  Also available Homemade Macaroni & Cheese(24)  <u><b>Side Item</b></u> Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)	<u><b>Choose 1 Entrée</b></u> 3 WG Max Cheese Sticks (48) w/ ¼ Marinara Dipping Sauce(3)  Grilled Chicken(1) Salad w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese Stick(2)  <u><b>Side Item</b></u> Tater Tots(18) Garden Salad(2) Baby Carrots(4)  <u><b>Dessert – Different options offered</b></u> Sidekick(22)	<u><b>Choose 1 Entrée</b></u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)  3 WG Chicken Tenders(17) w/ WG Roll(32)  WG Uncrustable PBJ(35) w/ Cheez-Its(14) & Cheese stick(2)  <u><b>Side Item</b></u> Waffle Fries(23) Caesar Salad(7) Veggie Nibbles(7)

September 13 <sup>th</sup>	September 14 <sup>th</sup>	September 15 <sup>th</sup>	September 16 <sup>th</sup>	September 17 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Wild Mike's Cheese or Pepperoni Pizza(34) 5 WG Chicken Nuggets(16) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Spaghetti(42) w/ or w/o Meat Sauce(11) &amp; WG Roll (32) Grilled Chicken(1) Salad w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Curly Fries(25) Caesar Salad(7) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Crispy or Spicy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) French Toast Sticks(40) w/ Sausage (1.6) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Caesar Salad(7) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> 4 Wild Mike's Cheese Bites(28) Mini Chef w/ Ham(4) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Tater Tots(18) Garden Salad(2) Veggie Nibbles(7)</p> <p><b>Dessert – Different options offered</b> Sidekick(22)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) WG Crunchy Fish Sticks(29) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
September 20 <sup>th</sup>	September 21 <sup>st</sup>	September 22 <sup>nd</sup>	September 23 <sup>rd</sup>	September 24 <sup>th</sup>
<p><b>Choose 1 Entrée</b> Cheese or Pepperoni Pizza (30) 5 WG Chicken Nuggets(16) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Hot Dog w/or w/o chili and cheese(3.3) on WG Bun(31) Grilled Chicken(1) Salad w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Bush's Baked Beans(29) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Crispy Chicken(15) Sandwich on WG Bun(29) w/ RF Doritos(19) Mini Corn Dog Nuggets (32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Cheesy Chicken Nachos(41) Mini Chef w/ Ham(4) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Green Beans(4) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert – Different options offered</b> Sidekick(22)</p>	<p><b>Choose 1 Entrée</b> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29) 3 WG Chicken Tenders(17) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Curly Fries(25) Caesar Salad(7) Baby Carrots(5)</p>
September 27 <sup>th</sup>	September 28 <sup>th</sup>	September 29 <sup>th</sup>	September 30 <sup>th</sup>	
<p><b>Choose 1 Entrée</b> Stuffed Crust Cheese or Pepperoni Pizza(31) 5 WG Chicken Nuggets(16) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> Bone-In Chicken Drumstick(11) w/ WG Biscuit(27) Cheese or Pepperoni Pizza(30) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p>Also available Homemade Macaroni &amp; Cheese(24)</p> <p><b>Side Item</b> Mashed Potatoes(17) w/ gravy or w/o Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>Choose 1 Entrée</b> Teriyaki or Tangerine Chicken(6) &amp; Rice Bowl(34) Mini Chef w/ Ham(4) w/ WG Roll(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><b>Side Item</b> Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Baby Carrots(5)</p>	<p><b>Choose 1 Entrée</b> WG RF Fritos(20) Chips, Chili &amp; Cheese(18) Homemade Grilled Cheese(32) WG Uncrustable PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><b>Side Item</b> Tater Tots(18) Caesar Salad(7) Veggie Nibbles(7)</p> <p><b>Dessert – Different options offered</b> Sidekick(22)</p>	