



Kenston Intermediate School February 2017

A MEAL REQUIRES:
Selection of at least 3 of the 5 offered components
Meat/Meat Alternative, Grain, Veggie, Fruit & Milk
**ONE OF THE SELECTIONS MUST
BE A VEGGIE OR FRUIT**

SERVED TUESDAY AND THURSDAY:

Cheese and Pepperoni Pizza

Watch for exciting new offerings in the coming months

Super Salad
Mixture of Iceberg, Romaine, Spring and other Leafy Greens with Grape Tomatoes and Cucumbers

Garden/Chef Salad
Weekly Specialty Salad
Weekly Specialty Wrap

Full Priced Lunch \$3.55
Reduced Priced Lunch \$0.40

HEALTHY OFFERINGS BAR AVAILABLE TO ALL DAILY
Daily offerings include: An assortment of fresh fruit and veggies & 1 Canned Fruit from the list shown

Students are encouraged to choose up to 1 Cup Of Veggies & 1 Cup of Fruit Daily

Side Salad, Cucumbers, Broccoli, Cauliflower, Carrots, Celery, Tomatoes, Spinach, Chick Peas & Seasonal Fresh Veggies

Fresh Fruit - Apples, Oranges, Bananas

Canned Fruit - Applesauce, Apple Slices, Pears, Peaches, Pineapple, Mixed Fruit,



ALL BREAD AND ROLLS ARE WHOLE GRAIN		<p style="text-align: right;">1</p> <p>Chicken Pot Pie (A) Chicken Caesar Salad (A) Turkey and Cheese Wrap Bold Broccoli Perky Peaches</p>	<p style="text-align: right;">2</p> <p>WG Pizza (A) Chicken Caesar Salad (A) Turkey and Cheese Wrap Crunchy Cucumbers Pesky Pineapple</p>	<p style="text-align: right;">3</p> <p>Mighty Mac & Cheese (A) Chicken Caesar Salad (A) Turkey and Cheese Wrap Chipper Cherry Tomatoes Perky Pears</p>
<p style="text-align: right;">6</p> <p>Sliders on WG Bun (A) Popcorn Chicken Salad (A) Turkey and Cheese Wrap Baked Fries Cool Carrots, Mixed Fruit</p>	<p style="text-align: right;">7</p> <p>Popcorn Chicken w/ Roll (A) Popcorn Chicken Salad (A) Turkey and Cheese Wrap Sweet Potato Fries Fruit</p>	<p style="text-align: right;">8</p> <p>Fun on the Run! Baked Soft Pretzel Yogurt Stick String Cheese Fresh Fruit and Vegetable</p>	<p style="text-align: right;">9</p> <p>WG Pizza (A) Popcorn Chicken Salad (A) Turkey and Cheese Wrap Blazin' Broccoli Awesome Cinnamon Apples</p>	<p style="text-align: right;">10</p> <p>Beef Soft Taco (A) Popcorn Chicken Salad (A) Turkey and Cheese Wrap Roarin' Refried Beans Pretty Pineapple</p>
<p style="text-align: right;">13</p> <p>WG Chicken Nuggets w/ Roll (A) Taco Salad w/ Roll (A) Italian Wrap Mashed Potatoes/Gravy Green Beans, Pretty Pears</p>	<p style="text-align: right;">14</p> <p>French Toast w/ Scrambled Eggs (A) Taco Salad w/ Roll (A) Italian Wrap Happy Hash Browns Silly Orange Smiles</p>	<p style="text-align: right;">15</p> <p>Mini Corndogs (A) Taco Salad w/ Roll (A) Italian Wrap Chillin' Cherry Tomatoes Tempting Tropical Fruit</p>	<p style="text-align: right;">16</p> <p>WG Pizza (A) Taco Salad w/ Roll (A) Italian Wrap Crazy Cool Celery Awesome Applesauce</p>	<p style="text-align: right;">17</p> <p>Grilled Cheese/Tomato Soup (A) Taco Salad w/ Roll (A) Italian Wrap Brainy Broccoli Prickly Pineapple</p>
<p style="text-align: right;">20</p> <p>NO SCHOOL President's Day</p>	<p style="text-align: right;">21</p> <p>Pasta w/ Meatballs, Garlic Bread (A) Chef Salad w/ Roll (A) Club Sub Bold Broccoli Fruit</p>	<p style="text-align: right;">22</p> <p>Fun on the Run! Baked Soft Pretzel Yogurt Stick String Cheese Fresh Fruit and Vegetable</p>	<p style="text-align: right;">23</p> <p>WG Pizza (A) Chef Salad w/ Roll (A) Club Sub Cheery Cherry Tomatoes Perfect Peaches</p>	<p style="text-align: right;">24</p> <p>Bacon Cheeseburger (A) Chef Salad w/ Roll (A) Club Sub Baked Fries, Baked Beans Merry Mixed Fruit</p>
<p style="text-align: right;">27</p> <p>French Toast w/ Sausage (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Heavenly Hash Browns Awesome Cinnamon Apples</p>	<p style="text-align: right;">28</p> <p>Meatball Sub (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Crunchy Carrots Fruit</p>		<p>Future Chef Contest Healthy Comfort Foods TES 28-Feb 4:30 p.m.</p>	<p>(A) Alternate Entrée</p>