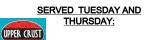


Kenston Intermediate School January 2017





Cheese and Pepperoni Pizza



Watch for exciting new offerins 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





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,



2	3	4	5	C
ALL BREAD	, and the second	Meatball Sub	WG Pizza	Grilled Cheese/Tomato Soup
AND ROLLS		(A) Popcorn Chicken Salad	(A) Popcorn Chicken Salad	(A) Popcorn Chicken Salad
ARE WHOLE		(A) Turkey and Cheese Wrap	(A) Turkey and Cheese Wrap	(A) Turkey and Cheese Wrap
GRAIN		Sweet Potato Tator Tots	Crunchy Cucumbers	Brainy Broccoli
GIVAIN		Cherry Tomatoes, Mixed Fruit	Perky Pears	Cinnamon Apples
0	10	11	12	13
Baked Chicken Patty	WG Chicken Nuggets w/ Roll	Fun on the Run!	WG Pizza	Cheese Quesadilla
(A) Peppi Salad w/ Roll	(A) Peppi Salad w/ Roll	Baked Soft Pretzel	(A) Peppi Salad w/ Roll	(A) Peppi Salad w/ Roll
(A) Italian Wrap	(A) Peppi Salad W Roll (A) Italian Wrap	Yogurt Stick	(A) Feppi Salad W Roll (A) Italian Wrap	(A) Feppi Salad W/ Roll (A) Italian Wrap
Sweet Potato Fries	` '	String Cheese	(A) italian wrap Blazin' Broccoli	(A) italian wrap Roarin' Refried Beans
	Crazy Celery	· ·		
Cool Carrots, Pineapple	Fruit	Fresh Fruit and Vegetable	Tempting Tropical Fruit	Crunchy Cauliflower, Pears
16		18	19	20
NO	All Beef Hot Dog	Mini Corndogs	WG Pizza	Nachos Beef and Cheese
SCHOOL	(A) Chef Salad w/ Roll	(A) Chef Salad w/ Roll	(A) Chef Salad w/ Roll	(A) Chef Salad w/ Roll
	(A) Club Sub	(A) Club Sub	(A) Club Sub	(A) Club Sub
MLK DAY	Burly Baked Beans	Baked Fries	Chipper Cherry Tomatoes	Crunchy Corn
	Crispy Carrots, Fruit	Burly Broccoli, Mixed Fruit	Awesome Applesauce	Pretty Pineapple
23	24	25	26	27
French Toast w/ Sausage	Pasta w/ Meatballs, Garlic Bread	Fun on the Run!	WG Pizza	Walking Taco
(A) Fruitplate and Yogurt	(A) Fruitplate and Yogurt	Baked Soft Pretzel	(A) Fruitplate and Yogurt	(A) Fruitplate and Yogurt
(A) Crispy Chicken Wrap	(A) Crispy Chicken Wrap	Yogurt Stick	(A) Crispy Chicken Wrap	(A) Crispy Chicken Wrap
Happy Hash Browns	Tree Chompin' Broccoli	String Cheese	Crispy Cucumber Coins	Rustic Refried Beans
Awesome Cinnamon Apples	Fruit	Fresh Fruit and Vegetable	Perfect Peaches	Perky Pears
30	31			
Popcorn Chicken w/ Roll	Stuffed Breadsticks/Marinara		Future Chef Contest	
(A) Chicken Caesar Salad/Roll	(A) Chicken Caesar Salad/Roll		Healthy Comfort Foods	(A) Alternate Entrée
(A) Turkey and Cheese Wrap	(A) Turkey and Cheese Wrap			
Mashed Potatoes/Gravy	Cool Carrots		Submit Your Recipe	
Mixed Vegetables, Applesauce	Fruit		by January 13th!	

