



# Kenston Intermediate School

## January 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:**

**UPPER CRUST**

Cheese and Pepperoni Pizza

**HONOR ROLL**

Watch for exciting new offerings in the coming months

**THRIVE**

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

**FAST TAKES**

**Garden/Chef Salad**  
**Weekly Specialty Salad**  
**Weekly Specialty Wrap**

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

**TRADITIONS**

**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,



<p><b>ALL BREAD AND ROLLS ARE WHOLE GRAIN</b></p>	<p>2</p> 	<p>3</p> <p>Meatball Sub        (A) Popcorn Chicken Salad        (A) Turkey and Cheese Wrap        Sweet Potato Tator Tots        Cherry Tomatoes, Mixed Fruit</p>	<p>4</p> <p>WG Pizza        (A) Popcorn Chicken Salad        (A) Turkey and Cheese Wrap        Crunchy Cucumbers        Perky Pears</p>	<p>5</p> <p>Grilled Cheese/Tomato Soup        (A) Popcorn Chicken Salad        (A) Turkey and Cheese Wrap        Brainy Broccoli        Cinnamon Apples</p>
<p>9</p> <p>Baked Chicken Patty        (A) Peppi Salad w/ Roll        (A) Italian Wrap        Sweet Potato Fries        Cool Carrots, Pineapple</p>	<p>10</p> <p>WG Chicken Nuggets w/ Roll        (A) Peppi Salad w/ Roll        (A) Italian Wrap        Crazy Celery        Fruit</p>	<p>11</p> <p>Fun on the Run!        Baked Soft Pretzel        Yogurt Stick        String Cheese        Fresh Fruit and Vegetable</p>	<p>12</p> <p>WG Pizza        (A) Peppi Salad w/ Roll        (A) Italian Wrap        Blazin' Broccoli        Tempting Tropical Fruit</p>	<p>13</p> <p>Cheese Quesadilla        (A) Peppi Salad w/ Roll        (A) Italian Wrap        Roarin' Refried Beans        Crunchy Cauliflower, Pears</p>
<p>16</p> <p>NO SCHOOL          MLK DAY</p>	<p>17</p> <p>All Beef Hot Dog        (A) Chef Salad w/ Roll        (A) Club Sub        Burly Baked Beans        Crispy Carrots, Fruit</p>	<p>18</p> <p>Mini Corndogs        (A) Chef Salad w/ Roll        (A) Club Sub        Baked Fries        Burly Broccoli, Mixed Fruit</p>	<p>19</p> <p>WG Pizza        (A) Chef Salad w/ Roll        (A) Club Sub        Chipper Cherry Tomatoes        Awesome Applesauce</p>	<p>20</p> <p>Nachos Beef and Cheese        (A) Chef Salad w/ Roll        (A) Club Sub        Crunchy Corn        Pretty Pineapple</p>
<p>23</p> <p>French Toast w/ Sausage        (A) Fruitplate and Yogurt        (A) Crispy Chicken Wrap        Happy Hash Browns        Awesome Cinnamon Apples</p>	<p>24</p> <p>Pasta w/ Meatballs, Garlic Bread        (A) Fruitplate and Yogurt        (A) Crispy Chicken Wrap        Tree Chompin' Broccoli        Fruit</p>	<p>25</p> <p>Fun on the Run!        Baked Soft Pretzel        Yogurt Stick        String Cheese        Fresh Fruit and Vegetable</p>	<p>26</p> <p>WG Pizza        (A) Fruitplate and Yogurt        (A) Crispy Chicken Wrap        Crispy Cucumber Coins        Perfect Peaches</p>	<p>27</p> <p>Walking Taco        (A) Fruitplate and Yogurt        (A) Crispy Chicken Wrap        Rustic Refried Beans        Perky Pears</p>
<p>30</p> <p>Popcorn Chicken w/ Roll        (A) Chicken Caesar Salad/Roll        (A) Turkey and Cheese Wrap        Mashed Potatoes/Gravy        Mixed Vegetables, Applesauce</p>	<p>31</p> <p>Stuffed Breadsticks/Marinara        (A) Chicken Caesar Salad/Roll        (A) Turkey and Cheese Wrap        Cool Carrots        Fruit</p>		<p><b>Future Chef Contest</b>  <b>Healthy Comfort Foods</b></p> <p><b>Submit Your Recipe by January 13th!</b></p>	<p>(A) Alternate Entrée</p>