



Kenston Middle 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**

PIZZA

DAILY PIZZA:
Cheese and Pepperoni Pizza

GRILL

EVERYDAY CHOICES:
Hamburger/Cheeseburger
Chicken Sandwich/Mixed Salad
Greens/Assorted Milk

DELI

**Build A Healthy Deli Meal
Choose from a Selection of:**
Meats, Cheese, Crisp Veggies & Fresh Toppings

FAST TAKES

Freshly Prepared Salads, Sandwiches, and Wraps made with premium fresh ingredients for those on the Go!

Full Priced Lunch \$3.55
Reduced Priced Lunch \$.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



(A) Alternate Entrée		1 Hot Dog Bar (A) Chicken Caesar Salad w/ Roll (A) Turkey and Cheese Wrap Baked Fries	2 Pasta w/ Meat Sauce Garlic Bread (A) Chicken Caesar Salad w/ Roll (A) Turkey and Cheese Wrap	3 Grilled Cheese/Tomato Soup (A) Chicken Caesar Salad w/ Roll (A) Turkey and Cheese Wrap
6 Sloppy Joe (A) Popcorn Chicken Salad w/ Roll (A) Ham and Cheese Sub Baked Fries	7 Walking Taco (A) Popcorn Chicken Salad w/ Roll (A) Ham and Cheese Sub Refried Beans	8 General Tso Chicken with Fried Rice (A) Popcorn Chicken Salad w/ Roll (A) Ham and Cheese Sub	9 Meatball Sub (A) Popcorn Chicken Salad w/ Roll (A) Ham and Cheese Sub	10 Chicken Nuggets (A) Popcorn Chicken Salad w/ Roll (A) Ham and Cheese Sub Mashed Potatoes w/ Gravy
13 Taco Bar (A) Cobb Salad w/ Roll (A) Italian Wrap Refried Beans	14 BBQ Ribbie (A) Cobb Salad w/ Roll (A) Italian Wrap Baked Sweet Potato Fries	15 Baked Potato w/ Toppings (A) Cobb Salad w/ Roll (A) Italian Wrap	16 French Toast w/ Sausage (A) Cobb Salad w/ Roll (A) Italian Wrap Hash Browns	17 Bacon Cheeseburger (A) Cobb Salad w/ Roll (A) Italian Wrap Baked Fries
20 NO SCHOOL President's Day	21 Chicken Parmesan with Pasta (A) Chef Salad w/ Roll (A) Club Sub	22 Mini Corndogs (A) Chef Salad w/ Roll (A) Club Sub Baked Fries	23 Nachos, Beef and Cheese (A) Chef Salad w/ Roll (A) Club Sub Black Beans	24 osco Stuffed Breadsticks/Marinara (A) Chef Salad w/ Roll (A) Club Sub
27 Chicken Quesadilla (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Refried Beans	28 Pulled Pork Sandwich (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Baked Fries		ALL BREAD AND ROLLS ARE WHOLE GRAIN	MENU SUBJECT TO CHANGE WITHOUT NOTICE