



Kenston Middle 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**

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 \$1.40

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



2 HAPPY NEW YEAR! (A) Alternate Entrée	3 	4 WG Chicken Nuggets (A) Popcorn Chicken Salad (A) Turkey and Cheese Wrap Mashed Potatoes with Gravy	5 Walking Taco (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Refried Beans	6 Grilled Cheese/Tomato Soup (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap
9 Lasagna (A) Peppi Salad (A) Italian Wrap	10 BBQ Ribbie Sandwich (A) Peppi Salad (A) Italian Wrap Sweet Potato Fries	11 Baked Potato Bar (A) Peppi Salad (A) Italian Wrap	12 Chicken Cordon Bleu (A) Peppi Salad (A) Italian Wrap Augratin Potatoes	13 Meatball Sub (A) Peppi Salad (A) Italian Wrap Baked Fries Baked Beans
16 NO SCHOOL MLK Day	17 General Tso with Fried Rice (A) Chef Salad w/ Roll (A) Club Sub	18 French Toast with Sausage (A) Chef Salad w/ Roll (A) Club Sub Hash Browns or Tator Tots	19 Hard or Soft Tacos (A) Chef Salad w/ Roll (A) Club Sub Refried Beans	20 osco Stuffed Breadsticks/Marinara (A) Chef Salad w/ Roll (A) Club Sub
23 Mini Corndogs (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap	24 Pulled Pork Sandwich (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap Baked Beans	25 Chicken and Dutch Waffle (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap	26 Pancakes w/ Sausage (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap	27 Macaroni and Cheese (A) Fruitplate and Yogurt (A) Crispy Chicken Wrap
30 Chicken Tenders (A) Chicken Caesar Salad w/ Roll (A) Turkey and Cheese Wrap Mashed Potatoes with Gravy	31 Crunch Wrap (A) Chicken Caesar Salad w/ Roll (A) Turkey and Cheese Wrap Refried Beans		ALL BREAD AND ROLLS ARE WHOLE GRAIN	MENU SUBJECT TO CHANGE WITHOUT NOTICE