

# KENSTON N *Café*

## What's for LUNCH!

*Make it a Bomber Meal! ... It's your Best Deal!*

**Kenston Middle School • Kenston High School**

**Choose an Entrée and visit the Self-Serve Fruit & Veggie Side Bar + your favorite flavor of fat-free Milk**

**Only \$3.55** (Adult combo, milk not included ... \$4.00)

*Bomber Meal includes up to 2 Fruits and 2 Veggies (or Specialty Salad with 2 Fruits). At least one Fruit or Veggie must be included. For specific items offered each day, please visit our interactive online menu at [www.kenstonlocal.org](http://www.kenstonlocal.org).*

*Monday*

### IN A BOWL

A rotation of all your favorite lunches served in a bowl including these themes with a variety of chicken and beef toppings offered:

- Mashed Potato
- Asian
- Mac and Cheese

*Tuesday*

### MEXICAN

A rotation of your favorite Mexican dishes with all the toppings including:

- Burrito Bowl
- Soft Tacos or Nachos (choose from Taco Meat or Chicken Fajita Meat)
- Mexican Pizza
- Quesadillas

*Wednesday*

### PASTA BAR

Make your selection from our "Pasta Bar" featuring:

- Pasta with Meatballs or Meat Sauce
- Chicken Alfredo
- Garlic Bread

*Thursday*

### ON A BUN

A rotation of our signature sandwiches all served on a bun including:

- Hot Subs
- Meatball Subs
- Honey Sriracha Chicken Subs
- Italian Sausage Sandwich
- Philly Cheese Steak

*Friday*

### FLASHBACK

Take your pick from a rotation of the traditional favorites such as:

- Bosco Sticks
- Grilled Cheese Sandwiches
- Mac and Cheese
- Turkey and Gravy over Mashed Potatoes

### *Daily Offerings...*

• Big Daddy's Pizza • Chicken Sandwiches (Regular and Spicy) • Variety of Wraps (Turkey, Ham, Spicy Chicken, Chicken or Veggie)

### *Fruit Sides...*

- Apples, Oranges, Bananas
- Fresh Fruit in season (Melons, Strawberries, Grapes, Pineapple)
- Variety of Canned Fruit (Peaches, Pears, Applesauce, Pineapple, Mandarin Oranges)
- Chilled Juice

### *Veggie Sides...*

- Hot Veggie rotated daily
- Mini Carrots
- Celery Sticks
- Cucumber Slices
- Side Salad

### *Specialty Salads...*

- Spring Mix Salad with lots of Fresh Veggies, sprinkling of Cheese and one of the following: Turkey, Grilled Chicken, Spicy Chicken, Breaded Chicken, Taco Meat

*Want More Nutritional Info?*

Nutritional information on all food offered is available at [www.kenstonlocal.org](http://www.kenstonlocal.org) on the "Nutrition Services Department" page. Per the USDA's Smart Snack Guidelines, not all a la carte items are available to all students. Visit the "Nutrition Services" web page for more information. Money may be applied to a student's account with credit or debit card, online through the Infinite Campus Parent Portal on the District's website.



### **Kenston Local Schools**

*Our Mission is for each student to achieve individual academic excellence and to maximize personal growth in a community which demonstrates and develops mutual respect, responsibility, and life-long learning.*

*This institution is an equal opportunity provider.*

### *Nutrition Services*

**2018-2019 School Year**

All prices subject to change 8/18