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| Preschool & Elementary Lunch Menu – October 2022 | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 26,797 Hello October Stock Photos, Pictures &amp; Royalty-Free Images - iStock | RF= Reduced Fat  V = Vegetarian Option  WG = Whole Grain  Uncrustable PBJ or Soy Butter Uncrustable w/ WG  Cheez-Its & Cheese Stick Offered Monday, Wednesday and Friday | 186,484 Pumpkins Illustrations &amp; Clip Art - iStock | KCS School Nutrition offers a variety of fresh whole fruit  or 100% fruit juice daily. Students may select up to two servings of fresh fruit offered daily.  Sandwich Trimmings(4) offered with all sandwich choices | Approximate grams of Carbohydrates per serving is shown in parenthesis  Mayfield Milk Choices - 1/2 pint serving  White Skim(13) While 1%(13) Fat Free Chocolate(20) |
| **October 3rd** | **October 4th** | **October 5th** | **October 6th** | **October 7th** |
| **Choose 1 Entrée**  Wild Mike’s Cheese or Pepperoni Pizza (34)  5 WG Chicken Nuggets (20) w/ WG Roll (32)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Mashed Potatoes (17) w/ or w/o gravy (4)  Sweet Yellow Corn (15)  Garden Salad (2)  Baby Carrots (5) | **Choose 1 Entrée**  2 WG Max Cheese Sticks (32) w/ ¼ cup Marinara Dipping Sauce (3)  Crispy Chicken (15) Sandwich on WG Bun (30)  Mini Chef w/ Ham (4) w/ WG Biscuit (27)  **Side Item**  Tater Tots (19)  Fresh Steamed Broccoli w/ Cheese Sauce (5)  Garden Salad (2)  Baby Carrots (5) | **Choose 1 Entree**  French Toast Sticks (37) w/ Sausage (2)  Homemade Grilled Cheese (34)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Crispy Hashbrowns (31)  Caesar Salad (5)  Veggie Nibbles (5) | Choose 1 Entrée  Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)  Tony’s Cheese or Pepperoni Pizza (35)  Turkey & Cheese (2) on WG Bun (30) w/ RF Doritos (20)  **Side Item**  Curly Fries (25) Glazed Carrots (15)  Caesar Salad (5)  Veggie Nibbles (5)  **Dessert**  Chocolate Chip or Sugar Cookie (18) | 4 Wild Mike’s Cheese Bites (28)  Large corn dogs  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Waffle Fries (26)  Fresh Steamed Broccoli w/ Cheese Sauce (5)  Caesar Salad (5)  Veggie Nibbles (5) |
| **October 10th** | **October 11th** | **October 12th** | **October 13th** | **October 14th** |
| FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK | FALL BREAK |
| **October 17th** | **October 18th** | **October 19th** | **October 20th** | **October 21st** |
| IN  Service | Big Daddy’s Cheese or Pepperoni Pizza (42)  5 WG Chicken Nuggets (20) w/ WG R  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Mashed Potatoes (17) w/ or w/o gravy (4)  Sweet Green Peas (11)  Caesar Salad(5)  Baby Carrots (5) oll (32 | **Choose 1 Entrée**  WG RF Fritos (16) Chips, Chili & Cheese (26)    Tony’s Cheese or Pepperoni Pizza (35)  WG Uncrustable PBJ(32) w/ Cheez-Its(14) & Cheese Stick(1)  **Side Item**  Tater Tots (19)  Sweet Yellow Corn (15)  Garden Salad (2)  Baby Carrots (5) | **Choose 1 Entrée**  Nick’s BBQ Sandwich (2) on WG Bun (30)  WG Chicken Tenders (3) w/ WG Biscuit (27)  Grilled Chicken (1) Salad w/ WG Roll (32)  **Side Item**  Curly Fries (25)  Bush’s Baked Beans (30)  Garden Salad(2)  Veggie Nibbles (5)  **Dessert**  Jell-O | **Choose 1 Entrée**  Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)  WG Crunchy Fish Sticks (22) w/ WG Roll (32)  WG Uncrustable PBJ (35) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Oven Baked Fries (14)  Green Beans (4)  Caesar Salad (5)  Baby Carrots (5) |
| **October 24th** | **October 25th** | **October 26th** | **October 27th** | **October 28th** |
| **Choose 1 Entrée**  Stuffed Crust Cheese or Pepperoni Pizza (31)  5 WG Chicken Nuggets (20) w/ WG Roll (32)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Mashed Potatoes (17) w/ or w/o gravy (4)  Sweet Yellow Corn (15)  Caesar Salad (5)  Baby Carrots (5) | **Choose 1 Entrée**  Spaghetti (42) w/ or w/o Meat Sauce (10) & WG Roll (32)  Corn Dog (30)  Grilled Chicken (1) Salad w/ WG Roll (32)  **Side Item**  Crispy Hashbrowns(31)  Green Beans (4)  Caesar Salad (5)  Baby Carrots (5) | **Choose 1 Entrée**  Crispy Chicken (15) Sandwich on WG Bun (30)  Tony’s Cheese or Pepperoni Pizza (35)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese Stick (1)  **Side Item**  Waffle Fries (26)  Fresh Steamed Broccoli w/ Cheese Sauce (5)  Garden Salad (2)  Veggie Nibbles (5) | Choose 1 Entrée  Cheesy Chicken Nachos (32)  Homemade Grilled Cheese (34)  Mini Chef w/ Ham (4) w/ WG Biscuit (28)  **Side Item**  Ranchero Beans (20)  Caesar Salad (5)  Baby Carrots (5)  **Dessert**  Chocolate Chip or Sugar Cookie (18) | **Choose 1 Entree**  Charbroiled Hamburger (1) or Cheeseburger (3) on WG Bun (30)  Hot Dog w/or w/o chili and cheese (13) on WG Bun (30)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Oven Baked Fries (14)  Bush’s Baked Beans (30)  Garden Salad (2)  Veggie Nibbles (5) |

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| **October 31st** |  |  |  |  |
| **Choose 1 Entrée**  Big Daddy’s Cheese or Pepperoni Pizza (42)  5 WG Chicken Nuggets (20) w/ WG Roll (32)  WG Uncrustable PBJ (32) w/ Cheez-Its (14) & Cheese stick (1)  **Side Item**  Mashed Potatoes (17) w/ or w/o gravy (4)  Sweet Yellow Corn (15)  Garden Salad (2)  Baby Carrots (5) |  |  |  |  |