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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 FatV = Vegetarian Option WG = Whole GrainUncrustable PBJ or Soy Butter Uncrustable w/ WGCheez-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 fruitor 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 parenthesisMayfield Milk Choices - 1/2 pint servingWhite 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 EntréeCharbroiled 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 dogsWG 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 RWG 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 EntréeCheesy 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) |  |  |  |  |