

MAY, 2011 (Revised)

USD#500 KCK Public Schools- Nutritional Services

Elementary Menu

Meal Prices		
Breakfast	Level	Lunch
\$.90 (.30)	K-6	\$1.50 (.40)
\$1.00 (.30)	Middle	\$1.75 (.40)
\$1.00 (.30)	High	\$1.75 (.40)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>Cinnamania Bun Crackers=40g</u> <u>Apple Juice=15g</u></p> <p>Hotdog=2g on Bun=18g Potato Smiles (5)=26g Carrots & Celery Sticks=0g w/Dip=4g Orange =15g MIN</p>	<p>3 <u>☼Sausage Biscuit=0g/12g</u> <u>Diced Peaches=21g</u> <u>375°/10-14 MIN</u></p> <p>Chicken Nuggets(4)=7g w/WG Roll=20g Mashed Potatoes=17g Tossed Salad=0g/Dressing=4g Pineapple Tidbits=19g 375°/15 MIN</p>	<p>4 <u>Raisin Bran Cereal=47g</u> <u>Oates/Honey Goldfish Crackers=19g</u> <u>Orange Fruit Juice=15g</u></p> <p>Sloppy Joe=11.85g on WG Bun=23g ☼Baked Beans=29g Tossed Salad=0g/Dressing=4g Chilled Mixed Fruit=18g 375°/15 MIN</p>	<p>5 <u>Smores Poptarts=72g(2)</u> <u>Apple Cherry Juice=15g</u></p> <p>Galaxy Cheese Pizza=32g Broccoli & Carrots=6g w/Dip=4g Peaches=17g Fresh Apple=15g 350°/20-22 MIN</p>	<p>6 <u>Fr. Toast Sticks=21g/Syrup=31g</u> <u>Grape Juice=21g</u> <u>375°/15 MIN</u></p> <p>Mini Corndogs=23g w/WG Tortilla Chips= Whole Kernel Corn=19g Strawberry Cup=22g Banana=15g 350°/14-16 MIN</p>
<p>9 <u>Cherry Danish=40g</u> <u>Fruit Punch Juice=15g</u></p> <p>Chicken=4g on Bun=23g Yam Patties(2)=24g Fresh Veggies=0g w/Dip=4g Peaches w/Berries=22g MIN</p>	<p>10 <u>Mini Maple Pancakes=22g</u> <u>Grape Juice=21g</u> <u>350°/10 MIN</u></p> <p>Hamburger=2g on WG Bun=23g Green Beans=4g Tossed Salad=0g/Dressing=4g Fruited Jell-O=17g 400°/15 MIN</p>	<p>11 <u>Lucky Charms Cereal=25g</u> <u>Banana Loaf=30g</u> <u>Fresh Apple=15g</u></p> <p>Salisbury Steak=2g w/WG Hot Roll=20g Mashed Potatoes=17g Green Peas=9g Orange Juice=15g 375°/15 MIN</p>	<p>12 <u>Yogurt=17g</u> <u>Smart Cookies=22g</u> <u>Orange Juice=15g</u></p> <p>Frito Pie=10g w/Fritos=15g Cinnamon Roll=22g Whole Kernel Corn=19g Mango Sherbet=26g Apple=15g 350°/15 MIN</p>	<p>13 <u>☼ Breakfast Pizza=23g</u> <u>Banana=26g</u> <u>375°/8-10 MIN</u></p> <p>Max Cheese Stix=32g w Spaghetti Sauce=5g Broccoli=2g Tossed Salad=0g/Dressing=4g Tropical Mixed Fruit=19g MIN</p>
<p>16 <u>Otis Cinnamon Roll=43g</u> <u>Orange Juice=15g</u></p> <p>Waffle Sticks=28g w/Syrup=31g ☼Sausage Patty=0g Skillet Potatoes=19g Orange Juice=15g Raspberry Sherbet=27g 375°/11-14 MIN</p>	<p>17 <u>☼Breakfast Bites=19g</u> <u>w/Syrup=31g</u> <u>Diced Peaches=21g</u> <u>375°/10-14 MIN</u></p> <p>Taco Burger=1g on WG Bun=23g w/Fixins=0g Green Beans=4g Orange =15g 375°/15 MIN</p>	<p>18 <u>♣ Honey Nut Cereal=24g</u> <u>Strawberry Grahams=18g</u> <u>Grape Juice=21g</u></p> <p>Pepperoni Hot Pocket=42g Corn=19g Tossed Salad=0g w/Dressing=4g Pineapple w/Oranges=18g 350°/15 MIN</p>	<p>19 <u>Cocoa Munchies Cereal=27g</u> <u>Apple Spice Mini-Loaf=30g</u> <u>Grapes=27g</u></p> <p>Chicken Nuggets=7w/WG Roll=20g Broccoli w/Cheese Sauce=7g Fresh Veggies=0g w/Dip=4g Apple=15g 375°/15 MIN</p>	<p>20 <u>Breakfast Burrito=29g</u> <u>w/Salsa=0g</u> <u>Apple Juice=15g</u> <u>400°/15 MIN</u></p> <p>☼Little Smokies=5gw/Mac & Cheese=35g Fresh Veggies=0g/Dip=4g Chilled Mixed Fruit=18g Banana=15g 425°/15 MIN</p>
<p>23 <u>Strawberrt Poptart(WG)=35g</u> <u>Zoo Animal Crackers=23g</u> <u>Orange Juice=15g</u></p> <p>Cheese Pizza Slice=34g Fresh Veggies=0g w/Dip=4g Rosey Applesauce=15g Fresh Pear=15g 350°/10 MIN</p>	<p>24 <u>☼Breakfast Hotpocket=14g</u> <u>Diced Pears=13g</u> <u>375°/10-14 MIN</u></p> <p>Teriyaki Chicken=8g w/☼Egg Roll=11g Rice Pilaf w/Vegetables=30g Tossed Salad=0gwDressing=4g Very Berry Juice Bar=10g 350°/15 MIN</p>	<p>25 <u>Trix Cereal=24g</u> <u>Flavored Grahams=18.2g</u> <u>Apple Cherry Fruit Juice=15g</u></p> <p>Spaghetti=41gw/Meat Sauce=8g or Italian Meat=8g and WG Mac=41g Broccoli w/Cheese Sauce=7g Tossed Salad=0g/Dressing=4g Apple=15g 350°/20 MIN</p>	<p>26 <u>Frosted Flakes Cereal=28g</u> <u>Otis Blueberry Muffin=27g</u> <u>Pineapple Tidbits=19g</u></p> <p>Burrito(WG)=46g w/Chips=15g & Salsa=0g Fresh Veggies=0g w/Dip=4g Refried Beans=25g Seasonal Fresh Fruit=20g MIN</p>	<p>27 <u>☼Breakfast Pizza=22g</u> <u>Fresh Apple=15g</u> <u>350°MIN</u></p> <p>Beef Fingers=18g w/WG Roll=20g Managers Choice Potatoes=?g Tossed Salad=0g/Dressing=4g Pineapple w/Oranges=18g 375°/10-15 MIN</p>
<p>30</p> <p>NO SCHOOL</p>	<p>31</p> <p>Manager's Choice</p>	<p>1</p> <p>Manager's Choice</p>	<p>2</p> <p>Manager's Choice</p>	<p>♣=Nut Menu Item ☼=Pork Menu Item ◇=Fish Menu Item WG=Whole Grain ?=Check with Gwen Childs</p> <p>All menus are subject to change due to availability</p>

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