

All Breads, Breading & Pasta are Whole Grain. Lunch Prices are \$0.40 for Reduced lunch and \$2.75 for Paid: (Still a fantastic deal)

Entrée choices: Cheeseburgers, Chicken Patty, Hotdogs, PB&J, Tuna Sandwich, Ham & Cheese Wrap, Turkey & Cheese Wrap, Personal Pizza, Fixings Bar (Lettuce, tomato, pickles, onions & hot peppers) Salads when available

FEBRUARY 2019

Kent County High School Lunch Menu

Please choose one Main Entrée Item.
You may take all sides but you must take
1/2 cup VEGETABLE OR FRUIT)

Fresh Fruit served Daily

Milk Choices: Skim, 1% white milk, NF Chocolate,
NF Strawberry; Menus are subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch

Popcorn Chicken Bites w/sauce & Pretzel Rod
Sides
Orange glazed Sweet Potatoes
Green Beans
Fruit Mix & Fresh Fruit Basket

4

Lunch

Cheesy Noodles w/ beef & Bread Stick
Sides
Peas
Spinach
Raisins & Fresh Fruit Basket

5

Lunch

Chicken ala' King on Rice w biscuit
Sides
Broccoli
Golden Corn & Carrots
Peaches & Fresh Fruit Basket

6

Lunch

Variety of Pizza
Sides
Spinach Salad
Baked Beans
Pineapple & Fresh Fruit Basket

7

Lunch

Toasted Ham & Cheese Sandwich
Sides
Bean Soup
Confetti Corn Salad
Pears and Fresh Fruit Basket

1

Lunch

Toasted Ham & Cheese Sandwich
Sides
Vegetable Soup
Celery & Carrot Sticks w/ dip
Pears and Fresh Fruit Basket

8

Lunch

Boneless Chicken Wings w/ sauce & Pretzel Rod
Sides
Orange Glazed Carrots
Green Beans
Fruit Mix & Fresh Fruit Basket

11

Lunch

Fish Sandwich & Bread Stick
Sides
Potato Emoji's
Nachos & Salsa
Raisins & Fresh Fruit Basket

12

Lunch

Tacos on a Hard or Soft Shell w/ Salsa
Sides
Lettuce & Tomato Cup
Black Beans & Corn Salsa
Peaches & Fresh Fruit Basket

13

Lunch

Variety of Pizza
Sides
Spinach Salad
Baked Beans
Pineapple & Fresh Fruit Basket

14

Lunch

Toasted Ham & Cheese Sandwich
Sides
Bean Soup
Confetti Corn Salad
Pears and Fresh Fruit Basket

15

Schools and Offices Closed

18

Lunch

Taco Soup w/ Bread Stick (2)
Sides
Nachos & Salsa
Corn
Raisins & Fresh Fruit Basket

19

Lunch

Rotini w/ Meat Sauce & garlic bread
Sides
Zucchini Parmesan
Green Beans
Peaches & Fresh Fruit Basket

20

Lunch

Variety of Pizza
Sides
Spinach Salad
Baked Beans
Pineapple & Fresh Fruit Basket

21

Lunch

Toasted Ham & Cheese Sandwich
Sides
Vegetable Soup
Celery & Carrot Sticks w/ dip
Pears and Fresh Fruit Basket

22

Lunch

Popcorn Chicken Bites w/sauce & Pretzel Rod
Sides
Orange glazed Sweet Potatoes
Green Beans
Fruit Mix & Fresh Fruit Basket

25

Lunch

Chicken Broccoli Bowl w/ bread stick
Sides
Vegetable Egg Roll
Stir Fry Veggies
Raisins & Fresh Fruit Basket

26

Lunch

Cheese Steak Sub
Sides
French Fries
Cucumbers & Tomatoes w/ dip
Peaches & Fresh Fruit Basket

27

Lunch

Variety of Pizza
Sides
Spinach Salad
Baked Beans
Pineapple & Fresh Fruit Basket

28

This Institution is an Equal Opportunity Provider

