

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)

FEBRUARY 2019

Kent County Middle 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

4

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

Lunch

5

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

Lunch

6

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

Lunch

7

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

Lunch

8

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

Lunch

11

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

Lunch

12

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

Lunch

13

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

Lunch

14

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

Lunch

15

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

Schools

18

and
Offices Closed

Lunch

19

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

Lunch

20

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

Lunch

21

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

Lunch

22

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

Lunch

25

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

Lunch

26

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

Lunch

27

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

Lunch

28

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

This Institution is an Equal Opportunity Provider

