

All Breads, Breading & Pasta are Whole Grain. Lunch Prices are \$0.40 for Reduce 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, Entrée Salad

JANUARY 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

Schools and Offices Closed 1

Schools Closed 2

Main Entrée 3
 Variety of Pizza

Sides
 Side Salad w/ dressing
 Celery Sticks w/ dip
 Pineapple
 Fresh Fruit Basket

Main Entrée 4
 Toasted Ham & Cheese Sandwich

Sides
 Kale
 Marinated Vegetable Salad
 Pears & Fresh Fruit Basket

Main Entrée 7
 Boneless Chicken Wings w/sauce & Pretzel Rod

Sides
 Orange Glazed Carrots
 Green Beans
 Fruit Mix & Fresh Fruit Basket

Main Entrée 8
 Tacos w/ soft or hard shell

Sides
 Lettuce & Tomato Cup
 Nachos & Salsa
 Raisins & Fresh Fruit Basket

Main Entrée 9
 Pork Ribbie Sandwich

Sides
 Oven Fried Potatoes
 Mixed Vegetables
 Peaches & Fresh Fruit Basket

Main Entrée 10
 Variety of Pizza

Sides
 Baked Beans
 Steamed Broccoli
 Pineapple & Fresh Fruit Basket

Main Entrée 11
 Toasted Ham & Cheese Sandwich

Sides
 Lima Beans
 Marinated Vegetable Salad
 Pears & Fresh Fruit Basket

Main Entrée 14
 Chicken Tenders w/ sauce w/ roll

Sides
 Orange Glazed Sweet Potatoes
 Green Beans
 Fruit Mix
 Fresh Fruit Basket

Main Entrée 15
 Lasagna w/ meat sauce & garlic bread

Sides
 Side Salad
 Vegetable Medley
 Raisins & Fresh Fruit Basket

Main Entrée 16
 Chicken Sliders

Sides
 Potato Smiles
 Spinach
 Peaches & Fresh Fruit Basket

Main Entrée 17
 Variety of Pizza

Sides
 Baked Beans
 Steamed Broccoli
 Pineapple & Fresh Fruit Basket

Main Entrée 18
 Toasted Ham & Cheese Sandwich

Sides
 Vegetable Soup
 Carrot Sticks w/ dip
 Pears & Fresh Fruit Basket

Schools and Offices Closed 21

Main Entrée 22
 Cheesy Noodles w/ beef & biscuit

Sides
 Peas
 Cole Slaw
 Raisins & Fresh Fruit Basket

Main Entrée 23
 Shrimp Poppers w/ mac & cheese

Sides
 Vegetable Medley
 Carrots w/ dip
 Peaches & Fresh Fruit Basket

Main Entrée 24
 Variety of Pizza

Sides
 Baked Beans
 Steamed Broccoli
 Pineapple & Fresh Fruit Basket

Main Entrée 25
 Toasted Ham & Cheese Sandwich

Sides
 Vegetable Soup
 Carrot Sticks w/ dip
 Pears & Fresh Fruit Basket

Main Entrée 28
 Boneless Chicken Wings w/sauce & Pretzel Rod

Sides
 Orange Glazed Carrots
 Green Beans
 Fruit Mix & Fresh Fruit Basket

Main Entrée 29
 Taco Soup w/ half Ham Wrap

Sides
 Cucumbers w/ dip
 Pea Pods w/ dip
 Raisin & Fresh Fruit Basket

Main Entrée 30
 Spaghetti w/ meat sauce & garlic bread

Sides
 Vegetable Medley
 Carrots w/ dip
 Peaches & Fresh Fruit Basket

Main Entrée 31
 Variety of Pizza

Sides
 Baked Beans
 Steamed Broccoli
 Pineapple & Fresh Fruit Basket

This Institution is an Equal Opportunity Provider

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MySchoolBucks.com

