

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
 Lettuce & Pickle Cup & Carrot Sticks Available Daily



LUNCH

OCTOBER 2018

Kent County Public Schools: Kent County High Lunch Menu
National School Lunch Week October 15th thru October the 19th

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

Monday

Tuesday

Wednesday

Thursday

Friday

Main Entrée's

1

Boneless Chicken Wings w/sauce & Pretzel Rod
Sides
 Nacho Chips w/ Salsa
 Steamed Broccoli
 Applesauce
 Fresh Peaches

Main Entrée's

2

Beefaroni w/ biscuit
Sides
Corn on the Cob
 Glazed Baby Carrots
 Apple Crisp
 Fresh Fruit Basket

Main Entrée's

3

Pork Ribbie
Sides
 Potato Emoticons
 Peas
 Mandarin Oranges
 Fresh Fruit Basket

Main Entrée's

4

Variety of Pizza
Sides
 Baked Beans
 Side Salad w/ assorted dressings
 Fruit Mix
 Watermelon

Main Entrée's

5

Grilled Ham & Cheese Sandwich
Sides
 Carrot Sticks w/ Dip
 Green Beans
 Pineapple
 Fresh Nectarines

Main Entrée's

8

Chicken Tenders w/ sauce w/ roll
Sides
 Baked Beans
 Glazed Carrots
 Pineapple
 Fresh Fruit Basket

Main Entrée's

9

Nacho's w/ ground beef w/ Salsa
Sides
 Lettuce & Tomato Cup
 Corn on the Cob
 Peach Cup
 Fresh Honeydew

Main Entrée's

10

Cheese Steak Subs
Sides
 French Fries
 Lettuce & Tomato Cup
 Fruit Mix
 Fresh Fruit Basket

Main Entrée's

11

Variety of Pizza
Sides
 Green Beans
 Broccoli
 Mandarin Oranges
 Fresh Fruit Basket

Main Entrée's

12

Grilled Ham & Cheese Sandwich
Sides
 Tomato Soup w/ crackers
 Celery Sticks
 Pears
 Fresh Peaches

Main Entrée's

15

Chicken Pop Corn Bites w/ sauce & Pretzel Rod
Sides
 Baked Beans,
 Carrot & Celery Sticks
 Fresh Fruit Basket
 Watermelon Slices

Main Entrée's

16

Meatball Sub
Sides
 Potato Gems
 Grape Tomatoes & Pea Pods
 Fresh Honey Dew
 Fresh Fruit Basket

Main Entrée's

17

Ceaser Salad w/ crouton, garbanzo beans and crackers
Sides
 Vegetable Soup w/ crackers
 Celery & Carrot sticks w/ dip
 Fresh Nectarines
 Fresh Fruit Basket

Main Entrée's

18

Variety of Pizza
Sides
 Side Salad w/ assorted dressings
 Nachos w Salsa
 Fresh Cantaloupes
 Fresh Fruit Basket

Main Entrée's

19

Grilled Ham & Cheese Sandwich
Sides
 Cucumber Slices w/ Dip
 Green Beans
 Fresh Pears
 Fresh Fruit Basket

Main Entrée's

22

Boneless Chicken Wings w/ Roll
Sides
 Baked Beans
 Steamed Broccoli
 Mandarin Oranges
 Fresh Fruit Basket

Main Entrée's

23

Tacos on a soft shell w/ cheese cup
Sides
 Lettuce & Tomato Cup
 Salsa w/ Nacho's
 Corn on the Cob
 Peach Cup
 Fresh Fruit Basket

Main Entrée's

24

Ham & Cheese Subs
Sides
 French Fries
 Marinated Vegetable Salad
 Pineapple
 Fresh Fruit Basket

Main Entrée's

25

Variety of Pizza
Sides
 Green Beans
 Nachos w Salsa
 Fruit Mix Cup
 Fresh Fruit Basket

Main Entrée's

26

Grilled Ham & Cheese Sandwich
Sides
 Tomato Soup w/ crackers
 Celery Sticks
 Applesauce Cup
 Fresh Fruit Basket

Main Entrée's

29

Chicken Tenders w/ sauce w/ roll
Sides
 Baked Beans
 Glaze Carrots
 Pineapple
 Fresh Fruit Basket

Main Entrée's

30

Spaghetti w/ meat sauce & Garlic Bread
Sides
 Fiesta Vegetables
 Cole Slaw
 Peach Cup
 Fresh Fruit Basket

Main Entrée's

31

Chicken w/ Orange Sauce and WG Rice
Sides
 Steamed Broccoli
 Seasoned Peas
 Fruit Mix
 Fresh Fruit Basket



Lunch Page News

If you have not received a letter on your child's status you will need to fill out an application before October the 16th
They will no longer receive Free or Reduced meals if the application is not filled out

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