

Main Entrée Choices: Chicken Patties Cheeseburger, PB& Jelly, Galaxy Pizza Tuna Sandwich, Ham or Turkey Wrap, Salads will be offered on Tuesday, Wednesday and Friday  
Carrot Sticks w/ dip will be offered every day  
Reduced Lunch \$0.30 Paid Lunch \$ 2.75 (Still a fantastic deal)



**LUNCH**

**OCTOBER 2018**

Kent County Public Schools: Middle Lunch Menu  
National School Lunch Week October 15<sup>th</sup> thru October the 19<sup>th</sup>

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

**Main Entrée's** **10**  
Cheese Steak  
**Sides**  
French Fries  
Broccoli  
Fruit Mix  
Fresh Fruit Basket

**Main Entrée's** **11**  
Variety of Pizza  
**Sides**  
Green Beans  
Kale  
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  
Watermelon Slices  
Fresh Fruit Basket

**Main Entrée's** **16**  
Meatball Sub  
**Sides**  
Potato Gems  
Steamed Broccoli  
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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