



All Breads & Pasta are Whole Grain

SEPTEMBER 2019

Kent County Public Schools Elementary Lunch Menu

Please choose one Main Entrée' Item
You may take all sides but you must take
(½ cup VEGETABLE OR FRUIT)
Fresh Fruit served Daily

Monday

2

No School
Labor Day

9

Chicken Tenders w/Pretzel
Cheeseburger, Hot Dog, PBJ
Glazed Carrots
Baked Beans
Fruit Mix
Fresh Fruit

16

Chicken Nuggets(Wings) w/Roll
Cheeseburger, Hot Dog, PBJ
Baked Beans
Broccoli
Fruit Mix
Fresh Fruit

23

Chicken Ring Thing w/Pretzel
Cheeseburger, Hot Dog, PBJ
Baked Beans
Greenbeans
Fruit Mix
Fresh Fruit

30

Popcorn Chicken w/Roll
Cheeseburger, Hot Dog, PBJ
Baked Beans
Potato Gems
Peaches
Fresh Fruit

Tuesday

3

Chicken Ring Thing w/Roll
Cheeseburger, Hot Dog, PBJ
Carrot Sticks w/dip
Broccoli
Peaches
Fresh Fruit

10

Tacos w/hard & soft Shells
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Salsa w/Nachos
Lettuce & Tomato Cup
Pineapple
Fresh Fruit

17

Chicken Caesar Salad
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Celery Sticks w/dip
Corn
Mandarin Oranges
Fresh Fruit

24

Spaghetti w/Texas Toast Garlic Bread
Chicken Patty, Cheeseburger, Hot Dog,
PBJ, Tuna Sandwich
Peas
Carrot Sticks w/dip
Peaches
Fresh Fruit

Wednesday

4

Fish Sandwich
Chicken Patty, Cheeseburger, Hot Dog,
PBJ, Tuna Sandwich
Baked Beans
Greenbeans
Applesauce
Fresh Fruit

11

Meatball Subs on Hot Dog Roll
Chicken Patty, Cheeseburger, Hot Dog,
PBJ, Tuna Sandwich
French Fries
Lima Beans
Mandarin Oranges
Fresh Fruit

18

Ham & Cheese Sub on Sub Roll
Chicken Patty, Cheeseburger, Hot Dog,
PBJ, Tuna Sandwich
Lettuce & Pickle Cup
Potato Smiles
Applesauce
Fresh Fruit

25

Turkey & Cheese Sub on Sub Roll
Chicken Patty, Cheeseburger, Hot Dog,
PBJ, Tuna Sandwich
Lettuce & Pickle Cup
French Fries
Apple Crisp
Fresh Fruit

Thursday

5

Variety of Pizza
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Corn
Side Salad w/assorted dressings
Mandarin Oranges
Fresh Fruit

12

Variety of Pizza
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Side salad w/assorted dressings
Greenbeans
Peaches
Fresh Fruit

19

Variety of Pizza
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Side Salad w/assorted dressings
Greenbeans
Peaches
Fresh Fruit

26

Variety of Pizza
Chicken Patty, Cheeseburger, Hot Dog,
PBJ
Side Salad w/assorted dressings
Corn
Mandarin Oranges
Fresh Fruit

Friday

6

½ Ham & Cheese Sandwich
Yogurt & Muffin w/Cheese Stick
Chicken & Cheese Wrap
Nacho Chips w/salsa
Lettuce & Pickle Cup
Pineapple
Fresh Fruit

13

½ Turkey & Cheese Sandwich
Yogurt & Muffin w/Cheese Stick
Chicken & Cheese Wrap
Lettuce & Pickle Cup
Carrot Sticks w/dip
Pears
Fresh Fruit

20

½ Toasted Ham & Cheese Sandwich
Yogurt & Muffin w/Cheese Stick
Chicken & Cheese Wrap
Tomato Soup
Carrot Sticks w/dip
Pineapple
Fresh Fruit

27

½ Ham & Cheese Sandwich
Yogurt & Muffin w/Cheese Stick
Chicken & Cheese Wrap
Lettuce & Pickle Cup
Peas
Pineapple
Fresh Fruit

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