



All Breads & Pastas are Whole Grain

# SEPTEMBER 2019

## Kent County Public Schools High School Lunch Menu

Please choose one Main Entrée' Daily. Choices are: Spicy Chicken Patty, Chicken Patty, Hot Dog, Cheeseburger, PBJ, Tuna Fish, Turkey and Ham Wraps, Personal Pizza, Salad Bar, Lettuce & Pickle Cup

Monday	Tuesday	Wednesday	Thursday	Friday
Schools Closed Labor Day <b>2</b>	Chicken Ring Thing w/Roll <b>3</b>  Carrot Sticks w/dip Broccoli Peaches Fresh Fruit	Fish Sandwich <b>4</b>  Baked Beans Greenbeans Applesauce Fresh Fruit	Variety of Pizza <b>5</b>  Corn Side Salad w/assorting dressings Mandarin Oranges Fresh Fruit	Grilled Ham & Cheese Sandwich <b>6</b>  Nacho Chips w/Salsa Celery Sticks w/dip Pineapple Fresh Fruit
Chicken Sticks w/Pretzel <b>9</b>  Glazed Carrots Baked Beans Fruit Mix Fresh Fruit	Tacos w/hard & soft Shells <b>10</b>  Salsa w/Nachos Lettuce & Tomato Cup Pineapple Fresh Fruit	Meatball Subs on Hot Dog Roll <b>11</b>  French Fries Lima Beans Mandarin Oranges Fresh Fruit	Variety of Pizza <b>12</b>  Side Salad w/assorted dressings Greenbeans Peaches Fresh Fruit	Grilled Ham & Cheese Sandwich <b>13</b>  Carrot Sticks w/dip Peas Pears Fresh Fruit
Boneless Chicken Wings w/Roll <b>16</b>  Baked Beans Broccoli Fruit Mix Fresh Fruit	Chicken Caesar Salad <b>17</b>  Celery Sticks w/dip Corn Mandarin Oranges Fresh Fruit	Turkey & Cheese Sub on Sub Roll <b>18</b>  Lettuce & Pickle Cup Potato Smiles Applesauce Fresh Fruit	Variety of Pizza <b>19</b>  Side Salad w/assorted dressings Greenbeans Peaches Fresh Fruit	Grilled Ham & Cheese Sandwich <b>20</b>  Tomato Soup Carrot Sticks w/dip Pineapple Fresh Fruit
Chicken Ring Thing w/Pretzel <b>23</b>  Baked Beans Greenbeans Fruit Mix Fresh Fruit	Spaghetti w/Texas Toast Garlic Bread <b>24</b> Peas Carrot Sticks w/dip Peaches Fresh Fruit	Fajita Chicken & Cheese Wrap <b>25</b>  Broccoli French Fries Apple Crisp Fresh Fruit	Variety of Pizza <b>26</b>  Side Salad w/assorted dressings Corn Mandarin Oranges Fresh Fruit	Grilled Ham & Cheese Sandwich <b>27</b>  Celery Sticks w/dip Peas Pineapple Fresh Fruit
Chicken Sticks w/Roll <b>30</b>  Baked Beans Potato Gems Peaches Fresh Fruit				

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