



All Breads and Pasta are Whole Grain.

SEPTEMBER 2019

Kent County Public Schools Middle School Lunch Menu

Please choose one Main Entrée' Item. Offered Daily are: Spicy Chicken Patty, Chicken Patty, Cheeseburger, Hot Dog, PBJ, Ham and Turkey Wraps, Galaxy Pizza, Tuna Fish Sandwich

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

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