

Kent County Public Schools Elementary Menu

August-September 2016

Monday thru Thursday

Cheeseburger on WG HB Roll
 PBJ & on WG Bread w/Cheese Stick
 Hotdog on WG HD Roll
 Chicken Patty on WG HB Roll

Friday

Cheesy Mascot Bread
 Grilled Chicken & Cheese on WG Soft
 Tortilla
 2oz Muffin, Yogurt & Cheese Stick
 1 %, Skim, FF Chocolate or
 FF Strawberry Milk Available



Breakfast Free for all Students

Fruit and 100% Fruit Juice
 Skim or 1 % Milk Available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29. BREAKFAST WG Cereal w/ WG Graham Crackers Applesauce Cup 100% Fruit Juice</p> <p>LUNCH WG Chicken Nuggets w/ sauces w/ WG Dinner Roll</p> <p>SIDES Baked Beans Corn Fruit Mix Fresh Local Peaches</p>	<p>30. BREAKFAST WG Cinnamon Pop Tart RF Cheese Wedge Pineapple Cup 100% Fruit Juice</p> <p>LUNCH Pork Ribbie on a WG Roll</p> <p>SIDES Green Beans Zucchini Pineapple Fresh Local Nectarines</p>	<p>31. BREAKFAST WG Apple Frudel Strawberry Cup 100% Fruit Juice</p> <p>LUNCH WG Assorted Pizza Tuna Salad on WG Bread</p> <p>SIDES Side Salad w/ Assorted Dressings Steamed Carrots Diced Pears Fresh Local Watermelon Cup</p>	<p>1. BREAKFAST WG Cinni Mini Fresh Apple Slices 100% Fruit Juice</p> <p>CATCH OF THE DAY LUNCH WG Fish Nuggets w/ Tartar Sauce w/ WG Soft Pretzel Stick</p> <p>SIDES Pizza Green Beans Vegetable Medley Diced Peaches Fresh Local Apples</p>	<p>2.</p> <p style="font-size: 2em;">Schools & Offices Closed</p>

<p>5. MONDAY</p> <p>Labor Day</p> <p>Schools & Offices Closed</p>	<p>6. TUESDAY</p> <p>BREAKFAST</p> <p>WG Cereal w/ WG Crackers Applesauce Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Popcorn Chicken Bites w/ Sauce w/ WG Dinner Roll</p> <p>SIDES</p> <p>Baked Beans California Blend Diced Pears Fresh Local Peaches</p>	<p>7. WEDNESDAY</p> <p>BREAKFAST</p> <p>WG Maple Pancakes Pineapple Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Assorted Pizza Tuna Salad on WG Bread</p> <p>SIDES</p> <p>Green Beans Spinach Applesauce Fresh Local Nectarines</p>	<p>8. THURSDAY</p> <p>BREAKFAST</p> <p>WG Apple Cinn. Texas Toast Fresh Banana 100% Fruit Juice</p> <p><i>All American Day</i></p> <p>LUNCH</p> <p>Deli Sub Combo Ham, Turkey & Cheese On WG Roll</p> <p>SIDE</p> <p>Lettuce & Tomato Cup Sweet Potato Fries Local Corn on the Cob Pineapple Fresh Local Cantaloupe Cup</p>	<p>9. FRIDAY</p> <p>BREAKFAST</p> <p>WG Sausage Pancake on a Stick Mandarin Orange Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Cheese Ravioli w/ WG Breadstick (1oz)</p> <p>SIDES</p> <p>Side Salad w/ Local Tomatoes Assorted Dressing Pickled Beets Fruit Mix Fresh Local Apples</p>
<p>12. MONDAY</p> <p>BREAKFAST</p> <p>WG Cereal w/ WG Graham Crackers Applesauce Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Chicken Tenders / w sauce w/ WG Dinner Roll</p> <p>SIDES</p> <p>Steamed Carrots Broccoli Diced Peaches Fresh Local Nectarines</p>	<p>13. TUESDAY</p> <p>BREAKFAST</p> <p>WG Cinnamon French Toast Pineapple Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>BBQ Pulled Pork on WG Roll</p> <p>SIDES</p> <p>Potato Gems Pizza Green Beans Applesauce Fresh Local Peaches</p>	<p>14. WEDNESDAY</p> <p>BREAKFAST</p> <p>WG Cherry Frudel Fresh Apple Slices 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Assorted Pizza Tuna Salad on WG Bread</p> <p>SIDES</p> <p>Mixed Vegetables Kale Mandarin Oranges Fresh Local Watermelon</p> <p>1.5 Hour Early Dismissal Staff Professional Day</p>	<p>15. THURSDAY</p> <p>BREAKFAST</p> <p>WG Cinni Mini Pear Cup 100% Fruit Juice</p> <p>LUNCH</p> <p>WG Spaghetti w/Meat Sauce w/WG Garlic Bread (1/2 Roll)</p> <p>SIDES</p> <p>Side Salad w/Assorted Dressings Vegetable Medley Fruit Mix Fresh Local Apples</p>	<p>16. FRIDAY</p> <p>BREAKFAST</p> <p>WG Sausage Pancake on a Stick Fruit Mix Cup 100% Fruit Juice</p> <p><i>Fiesta Friday</i></p> <p>LUNCH</p> <p>Taco Soup w/ WG Breadstick (1oz)</p> <p>SIDES</p> <p>Savory Black Bean Salad WG Nachos (1 oz.) Salsa Pineapple Fresh Local Cantaloupe</p>

<p>19. MONDAY BREAKFAST WG Cereal w/ WG Graham Crackers Applesauce Cup 100% Fruit Juice</p> <p>LUNCH WG Chicken Nuggets w/sauce w/ WG Dinner Roll</p> <p>SIDES Orange Glazed Sweet Potatoes Spinach Diced Pears Fresh Local Peaches</p> <p>Farm To School Week</p>	<p>20. TUESDAY BREAKFAST WG Cinnamon Pop Tart RF Cheese Wedge Peach Cup 100% Fruit Juice</p> <p>LUNCH Beef Stroganoff over WG Noodles w/ ½ WG Biscuit</p> <p>SIDES Moroccan Carrot Salad Peas Diced Peaches Fresh Local Nectarines</p>	<p>21. WEDNESDAY BREAKFAST WG Maple Pancake Pineapple Cup 100% Fruit Juice</p> <p>LUNCH WG Assorted Pizza Tuna Salad on WG Bread</p> <p>SIDES Local Corn on the Cob Coleslaw Mandarin Oranges Fresh Local Watermelon Cup</p>	<p>22. THURSDAY BREAKFAST WG Texas Toast Fresh Banana 100% Fruit Juice</p> <p>ASIAN INSPIRATION</p> <p>LUNCH Teriyaki WG Chicken Bites w/WG Fried Rice</p> <p>SIDES Garlic Broccoli Crunchy Garbonzo Beans Fruit Mix Fresh Local Cantaloupe</p>	<p>23. FRIDAY BREAKFAST WG Sausage Pancake on a Stick Mandarin Orange Cup 100% Fruit Juice</p> <p>LUNCH Chef Salad w/ Diced Chicken w/ 1 oz. Croutons & WG Breadstick (1oz)</p> <p>SIDE Vegetable Soup Stir Fry Veggies Pineapple Fresh Local Apples</p>
<p>26. MONDAY BREAKFAST WG Cereal w/ WG Graham Crackers Applesauce Cup 100% Fruit Juice</p> <p>LUNCH WG Popcorn Chicken Bites w/ Sauce w/ WG Dinner Roll Green Beans Vegetable Blend Diced Peaches Fresh Local Nectarines</p>	<p>27. TUESDAY BREAKFAST WG Cinnamon French Toast Pineapple Cup 100% Fruit Juice</p> <p>Tuscan Tuesday</p> <p>LUNCH Tangy Chicken Parmesan w/ WG Pasta & WG Garlic Bread (1/2)</p> <p>SIDES Kale Italian "Try Me" Bean Salad Applesauce Fresh Local Watermelon Cup</p>	<p>28. WEDNESDAY BREAKFAST WG Apple Frudel Fresh Apple Slices 100% Fruit Juice</p> <p>LUNCH WG Assorted Pizza Tuna Salad on WG Bread</p> <p>SIDES Side Salad w/ Tomatoes Savory Carrots Diced Pears Fresh Local Peaches</p>	<p>29. THURSDAY BREAKFAST WG Cinni Mini Peach Cup 100% Fruit Juice</p> <p>LUNCH Deli Sub Combo Ham, Turkey & Cheese</p> <p>SIDES Oven Baked French Fries Lettuce & Tomato Cup Mandarin Oranges Fresh Local Cantaloupe</p>	<p>30. FRIDAY BREAKFAST WG Sausage Pancake on a Stick Fruit Mix Cup 100% Fruit Juice</p> <p>LUNCH Mac & Trees (Macaroni & Cheese w/ Broccoli)</p> <p>SIDES Steamed Broccoli Marinated Vegetable Salad Pineapple Fresh Local Apples</p>

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