

# SEPTEMBER 2017

All of our Bread items are Whole Grain      Kent County Public School - Elementary Breakfast Menu

Breakfast Free for all Students  
Fruit & 100% Fruit Juice  
Skim or 1% Milk Available

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

4  
Offices Closed

11  
Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

18  
Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

25  
Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

5  
Breakfast  
**First Day of School**  
Cereal w/ crackers  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

12  
Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

19  
Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

26  
Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

6  
Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

13  
Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

20  
Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

27  
Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

7  
Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

14  
Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

21  
Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

28  
Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

1  
Offices Closed

8  
Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

15  
Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

22  
Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

29  
Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk



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All Breads, Breading & Pasta are Whole Grain. Lunch Prices are \$0.40 for Reduced lunch and \$2.65 for Paid

**SEPTEMBER 2017**  
**Kent County Public Schools: Elementary Lunch Menu**  
**FARM TO SCHOOL WEEK: SEPTEMBER 25TH**

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 Milk Choices: Skim, 1% white milk, NF Chocolate, NF Strawberry; all menus are subject to change

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
**Offices Closed**

**5**  
**Maine Entrée's**  
 Chicken Nugget w/ sauce & Pretzel Bites  
 Cheeseburger, Hot Dog, Tuna Sandwich, PB&J w/cheese stick  
**Sides**  
 Nacho Chips w/ Salsa  
 Steamed Broccoli  
 Applesauce & Fresh Fruit

**6**  
**Maine Entrée's**  
 Fish Sandwich, Chicken Patty Sandwich  
 Hotdogs, PB& Jelly w/cheese stick  
**Sides**  
 Pasta Salad  
 Carrot Sticks w/ dip  
 Celery Sticks w/ dip  
 Peaches & Fresh Fruit

**7**  
**Maine Entrée's**  
 Vanity of Pizza  
 Cheeseburger,  
 Hot Dog & PB&J w/cheese stick  
**Sides**  
 Baked Beans  
 Side Salad w/ assorted dressings  
 Fruit Mix & Fresh Fruit

**8**  
**Maine Entrée's**  
 Open Face Toasted Cheese Sandwich  
 Yogurt & Muffin Plate,  
 Chicken & Cheese Wrap  
**Sides**  
 Tomato Soup w/ crackers  
 Seasoned Corn  
 Pineapple & Fresh Fruit

**11**  
**Maine Entrée's**  
 Popcorn Chicken Bites w/ sauce & Pretzel Bites  
**Sides**  
 Baked Beans  
 Green Beans  
 Applesauce  
 Fresh Fruit

**12**  
**Maine Entrée's**  
 Chinese Day  
 Orange Chicken over Rice  
 Cheeseburger, Hot Dog, Tuna Sandwich, PB&J w/cheese stick  
**Sides**  
 Egg Roll and Steamed Broccoli  
 Fruit Mix & Fresh Watermelon

**13**  
**Maine Entrée's**  
 Ham & Cheese Subs  
 Chicken Patty Sandwich  
 Hotdogs, PB& Jelly w/cheese stick  
**Sides**  
 French Fries  
 Peas  
 Pineapple & Fresh Fruit

**14**  
**Maine Entrée's**  
 Vanity of Pizza  
 Cheeseburger,  
 Hot Dog & PB&J w/cheese stick  
**Sides**  
 Side Salad w/ assorted dressings  
 Mixed Vegetables  
 Mandarin Oranges & Fresh Fruit

**15**  
**Maine Entrée's**  
 Open Face Toasted Cheese Sandwich  
 Yogurt & Muffin Plate,  
 Chicken & Cheese Wrap  
**Sides**  
 Celery & Carrot Sticks w/ dip  
 Cole Slaw  
 Peas & Fresh Local Peaches

**18**  
**Maine Entrée's**  
 Chicken Tenders w/ sauce & Pretzel Bites  
**Sides**  
 Potato Smiles  
 Steamed Broccoli  
 Applesauce  
 Fresh Fruit

**19**  
**Maine Entrée's**  
 Spaghetti Sauce w/ meat sauce & garlic bread, Cheeseburger, Hot Dog, Tuna Sandwich, PB&J w/cheese stick  
**Sides**  
 Green Beans  
 Kale  
 Mandarin Oranges & Fresh Fruit

**20**  
**Maine Entrée's**  
 Fish Sticks w/ Biscuit  
 Chicken Patty Sandwich  
 Hotdogs, PB& Jelly w/cheese stick  
**Sides**  
 Macaroni & Cheese  
 Savory Carrots  
 Fresh Local Peaches & Fruit Mix

**21**  
**Maine Entrée's**  
 Vanity of Pizza  
 Cheeseburger,  
 Hot Dog & PB&J w/cheese stick  
**Sides**  
 Baked Beans  
 Side Salad w/ assorted dressings  
 Pineapple & Fresh Local Cantaloupe

**22**  
**Maine Entrée's**  
 Open Face Toasted Cheese Sandwich  
 Yogurt & Muffin Plate,  
 Chicken & Cheese Wrap  
**Sides**  
 Tomato Soup w/ crackers  
 Mixed Vegetables  
 Peaches & Fresh Fruit

**25**  
**Maine Entrée's**  
 Chicken Nuggets w/ sauce & Pretzel Bites  
**Sides**  
 Baked Beans  
 Steamed Broccoli  
 Applesauce  
 Fresh Local Watermelon

**26**  
**Maine Entrée's**  
 Tacos on hard shell w/ cheese dip, Cheeseburger, Hot Dog, Tuna Sandwich, PB&J w/cheese stick  
**Sides**  
 Lettuce & Tomato Cup  
 Salsa w/ Nacho's & Corn on the Cob  
 Chilled Peaches & Fresh Fruit

**27**  
**Maine Entrée's**  
 Meatloaf w Biscuit  
 Chicken Patty Sandwich  
 Hotdogs, PB& Jelly w/cheese stick  
**Sides**  
 Mashed Potatoes  
 Green Beans  
 Fruit Mix & Fresh Fruit

**28**  
**Maine Entrée's**  
 Vanity of Pizza  
 Cheeseburger, Hot Dog & PB&J w/cheese stick  
**Sides**  
 Side Salad w/ assorted dressings & Garbanzo Beans & Croutons  
 Fresh Local Peas & Mandarin Oranges

**29**  
**Maine Entrée's**  
 Open Face Toasted Cheese Sandwich  
 Yogurt & Muffin Plate,  
 Chicken & Cheese Wrap  
**Sides**  
 Tomato Soup crackers  
 Fresh Local Vegetable Cup  
 Pineapple & Fresh Fruit

**Offices Closed**



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Stay tuned for more information on our meal navigation plan

# SEPTEMBER 2017

Kent County Middle School - Breakfast Menus

Breakfast Free for all Students  
Fruit & 100% Fruit Juice  
Skim or 1% Milk Available

All of our Bread items are Whole Grain

Monday

Tuesday

Wednesday

Thursday

Friday

4

Offices Closed

11

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

18

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

25

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

5

Breakfast  
**First Day of School**  
Cereal w/ crackers  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

12

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

19

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

26

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

6

Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

13

Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

20

Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

27

Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

7

Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

14

Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

21

Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

28

Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

1

Offices Closed

8

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

15

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

22

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

29

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

STOP

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**SEPTEMBER 2017**  
**Kent County Public Schools: Middle School Lunch Menu**  
**FARM TO SCHOOL WEEK : SEPTEMBER 25TH**

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 Milk Choices: Skim 1% white milk, NF Chocolate, NF Strawberry; all menus are subject to change

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

4

5

6

7

8

**Offices Closed**

**Maine Entrée's**  
 Chicken Nugget w/ sauce & Pretzel Bites  
 Cheeseburger, Hotdog, Tuna Sandwich,  
 PB&J w/cheese stick, Chicken Patty  
**Sides**  
 Nacho Chips w/ Salsa  
 Steamed Broccoli  
 Applesauce & Fresh Fruit

**Maine Entrée's**  
 Fish Sandwich,  
 Chicken Patty, Cheeseburger  
 Hotdogs, PB&J w/cheese  
**Sides**  
 Pasta Salad  
 Carrot Sticks & Celery Sticks w/ dip  
 Peaches & Fresh Fruit

**Maine Entrée's**  
 Varsity of Pizza  
 Cheeseburger, Chicken Patty  
 Hotdog & PB&J w/cheese stick  
**Sides**  
 Baked Beans  
 Side Salad w/ assorted dressings  
 Fruit Mix & Fresh Fruit

**Offices Closed**

11

12

13

14

15

**Maine Entrée's**  
 Popcorn Chicken Bites w/ sauce & Biscuit  
 Cheeseburger, Hotdog, PB&J Jelly  
**Sides**  
 Baked Beans  
 Green Beans  
 Applesauce  
 Fresh Fruit

**Maine Entrée's**  
 Chinese Day  
 Orange Chicken over Rice  
 Cheeseburger, Chicken Patty, Hotdog,  
 Tuna Sandwich,  
 PB&J w/cheese stick  
**Sides**  
 Egg Roll and Steamed Broccoli

**Maine Entrée's**  
 Ham & Cheese Subs  
 Chicken Patty, Cheeseburger  
 Hotdogs, PB&J w/cheese  
**Sides**  
 French Fries  
 Peas  
 Pineapple & Fresh Fruit

**Maine Entrée's**  
 Varsity of Pizza  
 Cheeseburger, Chicken Patty,  
 Hotdog & PB&J w/cheese stick  
**Sides**  
 Side Salad w/ assorted dressings  
 Mixed Vegetables  
 Mandarin Oranges & Fresh Fruit

**Maine Entrée's**  
 Toasted Ham & Cheese,  
 PB&J Jelly, Hotdog,  
 Cheeseburger, Chicken Patty  
**Sides**  
 Tomato Soup w/ crackers  
 Seasoned Corn  
 Pineapple & Fresh Fruit

18

19

20

21

22

**Maine Entrée's**  
 Chicken Tenders w/ sauce & Pretzel Bites  
 Cheeseburger, Hotdog, PB&J Jelly  
**Sides**  
 Potato Smiles  
 Steamed Broccoli  
 Applesauce  
 Fresh Fruit

**Maine Entrée's**  
 Spaghetti Sauce w/ meat sauce  
 & garlic bread, Cheeseburger, Chicken  
 Patty, Hotdog, Tuna Sandwich,  
 PB&J w/cheese stick  
**Sides**  
 Green Beans & Kale  
 Mandarin Oranges & Fresh Fruit

**Maine Entrée's**  
 Fish Sticks w/ Biscuit  
 Chicken Patty, Cheeseburger  
 Hotdogs, PB&J w/cheese  
**Sides**  
 Macaroni & Cheese  
 Savory Carrots  
 Fresh Local Peaches & Fruit Mix

**Maine Entrée's**  
 Varsity of Pizza  
 Cheeseburger, Chicken Patty  
 Hotdog & PB&J w/cheese stick  
**Sides**  
 Baked Beans  
 Side Salad w/ assorted dressings  
 Pineapple & Fresh Local Cantaloupe

**Maine Entrée's**  
 Pork Ribbie Sandwich  
 PB&J Jelly, Hotdog  
 Cheeseburger, Chicken Patty  
**Sides**  
 Celery & Carrot Sticks w/ dip  
 Cole Slaw  
 Pears & Fresh Local Peaches

25

26

27

28

29

**Maine Entrée's**  
 Chicken Nuggets w/ sauce & Roll  
 Cheeseburger, Hotdog, PB&J Jelly  
**Sides**  
 Baked Beans  
 Steamed Broccoli  
 Applesauce  
 Fresh Local Watermelon

**Maine Entrée's**  
 Tacos' on hard shell w/ cheese  
 Cheeseburger, Hotdog, Tuna Sandwich,  
 Chicken Patty, PB&J w/cheese stick  
**Sides**  
 Lettuce & Tomato Cup  
 Salsa w/ Nacho's & Corn on the Cob  
 Chilled Peaches & Fresh Fruit

**Maine Entrée's**  
 Meatloaf w Biscuit  
 Chicken Patty, Cheeseburger  
 Hotdogs, PB&J w/cheese  
**Sides**  
 Mashed Potatoes  
 Green Beans  
 Fruit Mix & Fresh Fruit

**Maine Entrée's**  
 Varsity of Pizza  
 Chicken Patty, Cheeseburger, Hotdog  
 & PB&J w/cheese stick  
**Sides**  
 Side Salad w/ assorted dressings &  
 Garbanzo Beans & Croutons  
 Fresh Local Pears & Mandarin Oranges

**Maine Entrée's**  
 Toasted Ham & Cheese Sandwich  
 PB&J Jelly, Hotdog,  
 Cheeseburger, Chicken Patty  
**Sides**  
 Tomato Soup w/ crackers  
 Mixed Vegetables  
 Peaches & Fresh Fruit

**Maine Entrée's**  
 Toasted Ham & Cheese Sandwich  
 PB&J Jelly, Hotdog,  
 Cheeseburger, Chicken Patty  
**Sides**  
 Tomato Soup crackers  
 Fresh Local Vegetable Cup  
 Pineapple & Fresh Fruit



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# SEPTEMBER 2017

Kent County High School - Breakfast - Menus

Breakfast Cost \$1.55 Reduced \$0.30  
Fruit and 100% Fruit Juice Available Daily  
1% White Milk, Skim Milk and NF Choc Milk  
Available Daily  
Cereal offered as a choice everyday

All of our Bread items are Whole Grain

Monday

Tuesday

Wednesday

Thursday

Friday

4

Offices Closed

5

Breakfast  
**First Day of School**  
Cereal w/ crackers  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

6

Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

7

Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

1

Offices Closed

8

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

11

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

12

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

13

Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

14

Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

15

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

18

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

19

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

20

Breakfast  
Pancakes  
Applesauce Cup  
100% Fruit Juice  
Milk

21

Breakfast  
Cini Minis  
Fresh Fruit  
100% Fruit Juice  
Milk

22

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk

25

Breakfast  
Cereal w/ crackers  
Fresh Apple Slices  
100% Fruit Juice  
Milk

26

Breakfast  
Fruitel  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

27

Breakfast  
French Toast  
Applesauce Cup  
100% Fruit Juice  
Milk

28

Breakfast  
Bagel w/ cream cheese  
Fresh Fruit Cup  
100% Fruit Juice  
Milk

29

Breakfast  
Pop Tarts w/ cheese wedge  
Applesauce Cup  
100% Fruit Juice  
Milk



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# SEPTEMBER 2017

Kent County Public Schools: KCHS Lunch Menu  
FARM TO SCHOOL WEEK: SEPTEMBER 25<sup>TH</sup>

All breads, breadings & pastas are whole grain. Lunch prices are \$0.40 for reduced lunch and \$2.75 for paid.  
Entrée choices: Cheeseburgers, Chicken Patty, Hotdogs, PB&J, Tuna Sandwich, Ham & Cheese Wrap, Turkey & Cheese Wrap, Personal Pizza, Entrée Salad (pre order) Lettuce & Pickle Cup Available Daily

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. Milk Choices: Skim, 1% white milk, NF Chocolate, NF Strawberry. All menus are subject to change

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**4**

**Offices Closed**

**5**

**Main Entrée**  
Chicken Nugget w/ sauce & Soft Pretzel

**Sides**  
Nachos Chips w/ Salsa  
Steamed Broccoli  
Applesauce & Fresh Fruit

**6**

**Main Entrée**  
Fish Sandwich

**Sides**  
Pasta Salad  
Carrot Sticks w/ dip  
Celery Sticks w/ dip  
Peaches & Fresh Fruit

**7**

**Main Entrée**  
Assorted Pizza

**Sides**  
Baked Beans  
Side Salad w/ assorted dressings  
Fruit Mix & Fresh Fruit

**8**

**Main Entrée**  
Toasted Ham & Cheese

**Sides**  
Tomato Soup w/ crackers  
Seasoned Corn  
Pineapple & Fresh Fruit

**11**

**Main Entrée**  
Popcorn Chicken Bites w/ sauce & Pretzel Rod

**Sides**  
Baked Beans  
Green Beans  
Applesauce  
Fresh Fruit

**12**

**Main Entrée**  
Chinese Day

**Sides**  
Orange Chicken over Rice  
Egg Roll and Steamed Broccoli  
Fruit Mix & Fresh Watermelon

**13**

**Main Entrée**  
Meatball Sub

**Sides**  
French Fries  
Lettuce, Pickle & Tomato Cup  
Peas  
Pineapple & Fresh Fruit

**14**

**Main Entrée**  
Assorted Pizza

**Sides**  
Side Salad w/ assorted dressings  
Mixed Vegetables  
Mandarin Oranges & Fresh Fruit

**15**

**Main Entrée**  
Pork Ribbie Sandwich

**Sides**  
Celery & Carrot Sticks w/ dip  
Cole Slaw  
Peas & Fresh Local Peaches

**18**

**Main Entrée**  
Chicken Tenders w/ sauce & Soft Pretzel

**Sides**  
Macaroni & Cheese  
Steamed Broccoli  
Applesauce  
Fresh Fruit

**19**

**Main Entrée**  
Spaghetti Sauce w/ meat sauce & garlic bread.

**Sides**  
Green Beans & Kale  
Mandarin Oranges  
Fresh Fruit

**20**

**Main Entrée**  
Cheese Steak Sub

**Sides**  
Potato Wedges  
Lettuce, Tomato & Pickle Cup  
Fresh Local Peaches  
Fruit Mix

**21**

**Main Entrée's**  
Assorted Pizza

**Sides**  
Baked Beans  
Side Salad w/ assorted dressings  
& Fresh Local Cantaloupe

**22**

**Main Entrée**  
Toasted Ham & Cheese Sandwich

**Sides**  
Tomato Soup w/ crackers  
Mixed Vegetables  
Peaches  
& Fresh Fruit

**25**

**Main Entrée**  
Chicken Nuggets w/ sauce & Soft Pretzel

**Sides**  
Baked Beans  
Steamed Broccoli  
Applesauce  
Fresh Local Watermelon

**26**

**Main Entrée**  
Tacos' on hard shell w/ cheese cup

**Sides**  
Lettuce & Tomato Cup  
Salsa w/ Nacho's & Corn on the Cob  
Chilled Peaches  
Fresh Fruit

**27**

**Main Entrée**  
Meatloaf w Biscuit

**Sides**  
Mashed Potatoes  
Green Beans  
Fruit Mix  
Fresh Fruit

**28**

**Main Entrée**  
Assorted Pizza

**Sides**  
Side Salad w/ assorted dressings & Garbanzo Beans & Croutons  
Mandarin Oranges  
Fresh Local Peas

**29**

**Main Entrée**  
Toasted Ham & Cheese Sandwich

**Sides**  
Tomato Soup crackers  
Fresh Local Vegetable Cup  
Pineapple  
Fresh Fruit

**STOP**

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