

2016-17 3 Week Secondary Lunch Cycle Menu
USD #500 KCK Public Schools- Nutritional Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 General Tso's Chicken-11g Fried Rice-50g Celery Sticks-0g Baby Carrots-7g Tropical Fruit-22g	Nacho Bites-32g Tomato Salsa-2g Refried Beans-25g Broccoli-2g Cucumber Slices-2g Cauliflower-2g Mandarin Oranges-19g	Taco Burger-8 g Hamburger Bun-27g Cheez-it Loco (9-12)-14g Tiny Tri Taters-27g Garden Salad-1g Grape Tomatoes-2g Orange Wedges-15g	Mozzarella Sticks-14g Marinara Sauce -2g Broccoli-2g Cucumber Slices-2g Cauliflower-2g Bananas-21g	French Toast Sticks-43g Sausage Patties-1g Ranch Corn-15g Celery Sticks-0g Baby Carrots-7g Sliced Apples-7g
Week 2 Pork Ribette-8g Hamburger Bun-27g Sunchips (9-12)-18g Celery Sticks-0g Baby Carrots-7g Tropical Fruit-22g	Mexican Pizza-39g Broccoli-2g Cucumber Slices-2g Cauliflower-2g Mandarin Oranges-19g	Meatball-12g Hoagie-28g Tater Tots-19g Garden Salad-1g Grape Tomatoes-2g Orange Wedges-15g	Chili-26g Fritos-15g Broccoli -2g Cucumber Slices-2g Cauliflower-2g Bananas-21g	Chicken Quesadilla-20g Green Beans-4g Celery Sticks-0g Baby Carrots-7g Sliced Apples-7g
Week 3 Macaroni and Cheese-20g Dinner Roll (9-12)-14g Green Peas-11g Celery Sticks-0g Baby Carrots-7g Tropical Fruit-22g	Calzone-33g Marinara Sauce-2g Broccoli-2g Cucumber Slices-2g Cauliflower-2g Mandarin Oranges-19g	Chicken Tortilla Soup-15g Tortilla Chips-18g Black Bean and Corn Salsa-11g Garden Salad-1g Grape Tomatoes-2g Orange Wedges-15g	BBQ Pulled Chicken- Hamburger Bun-27g Goldfish-14g Broccoli -2g Cucumber Slices-2g Cauliflower-2g Bananas-21g	Teriyaki Beef and Broccoli-10g Brown Rice-50g Celery Sticks-0g Baby Carrots-7g Sliced Apples-7g

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Week 1 Strawberry Pop Tart-38g Tropical Fruit Cup-17g Fruit Juice Choice Milk Choice	Sausage Breakfast Sandwich-21g Apple Slices-7g Fruit Juice Choice Milk Choice	Cinnamon Toast Crunch Cereal Bar-30g Fresh Banana-21g Fruit Juice Choice Milk Choice	Chicken Biscuit Sandwich-32g Cinnamon Applesauce-13g Fruit Juice Choice Milk Choice	Oatmeal Chocolate Chip Bar-47g Strawberry Raisins-25g Fruit Juice Choice Milk Choice
Week 2 Fruit Cheerios Cereal Bar-30g Pineapple Fruit Cup-15g Fruit Juice Choice Milk Choice	Breakfast Burrito-16g Apple Slices-7g Fruit Juice Choice Milk Choice	Breakfast Round-44g Fresh Banana-21g Fruit Juice Choice Milk Choice	Apple Cinnamon Muffin Top-42g Cinnamon Applesauce-13g Fruit Juice Choice Milk Choice	Cherry Yogurt-20g Graham Cracker Dunker-19g Craisins-25g Fruit Juice Choice Milk Choice
Week 3 Cheese Stuffed Pretzel-38g Tropical Fruit Cup-17g Fruit Juice Choice Milk Choice	Pancake on a Stick-18g Apple Slices-7g Fruit Juice Choice Milk Choice	Cinnamon Pop Tart-37g Fresh Banana-21g Fresh Juice Choice Milk Choice	Banana Bread-44g Cinnamon Applesauce-13g Fruit Juice Choice Milk Choice	French Toast Bar-47g Sour Lemon Raisins-25g Fruit Juice Choice Milk Choice

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Secondary Options

Juice	Milk	Condiments	Second Entrée
Apple Cherry-16g	Chocolate-24 g	Mustard-0g	Uncrustable-64g
Apple-14g	White Skim-11g	Ketchup-3g	Fruit Salad-85g
Orange-13g	White 1%-11g	BBQ Sauce-4g	Yogurt-20g Muffin-49g Cheese Stick-1g
		Buffalo Sauce-2g	Southwest Chef's Salad-54g
		Salsa-1g	Hummus Plate-31g
		Jelly-9g	Yogurt Parfait-75g
		Syrup-20g	Chef's Salad- 38g
		Sugar Free Syrup-8g	Spicy Chicken
		Mayo-3g	Stuffed Crust Pepperoni Pizza
		Ranch (small)-4g	Stuffed Crust Cheese Pizza
		Ranch (big)-14g	Chicken Nuggets-12g

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			Dinner Roll-14g
		French-14g	Cheeseburger-34g
		Italian-4g	Chicken Strips-16g Waffles-16g
		Raspberry Vinaigrette- 12g	Corn Dog-31g
			Galaxy Pizza-33g
			Crispy Chicken Sandwich-34g
			Boneless Hot Wings-19g Dinner Roll-14g
			Deli Sandwich on Hoagie-29g
			Buffalo Chicken Wrap-30g
			Chicken Caesar Wrap-30g