



**KCP and KCEM Menu September 2023**

Monday	Tuesday	Wednesday	Thursday	Friday 9-1
				<b>NO SCHOOL</b>
Monday – 9-4	Tuesday 9-5	Wednesday 9-6	Thursday 9-7	Friday 9-8
<b>No school</b>	<b>Breakfast</b> WG Pancakes/syrup 46g Chicken sausage 12g WG Cereal/Hot Cereal  Fresh fruit Milk 18.20g  <b>Lunch</b> Fiesta Beef WG Mac & Cheese 45g Cilantro lime Corn 19g WG Hummus Wrap 29g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Salisbury Steak – 3g Mashed potatoes 17g Fresh rolls – 43g Braised Green Beans 5g Baked WG – Pasta 32g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Chicken Parm with Pasta 29g Sautéed Spinach 4g Fresh rolls – 43g Turkey Burger 20g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> Cheesy Eggs 1g Housemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Chicken Ranch Wrap 30g Vegetable blend 5g Fresh Produce Bar Milk 18.20g
Monday 9-11	Tuesday 9-12	Wednesday 9-13	Thursday 9-14	Friday 9-15
<b>Breakfast</b> WG Cereal/Hot Cereal Sausage Muffin 14g Fresh Fruit Milk 18.20g  <b>Lunch</b> Lemon Grilled Chicken 2g WG Rice 34g Broccoli 5g/ Roll 43g Stuffed Pepper Casserole 43g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG -Pancakes/ Syrup 46g Chicken Sausage 1g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> Beef Tacos 52g Tofu Taco WG Flour Tortilla 11g Mexican Rice 41g Fresh Produce Bar/Beans Corn 19g Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Cheese Lasagna 32g Roll 43g- Salad Green Beans 5g WG – Sunbutter Sandwich Fresh Produce Bar Milk 18.20g Fresh Fruit	<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> BBQ Shredded Beef 34g WG Bun Baked Beans 30g WG -Sunset Salad Bake 29g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> Cheesy Eggs 1g Housemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Cheese pizza 36g Vegetable Blend 5g Fresh Produce Bar Milk 18.20g Fresh Fruit
Monday 9-18	Tuesday 9-19	Wednesday 9-20	Thursday 9-21	Friday 9-22
<b>Breakfast</b> Sausage Muffin 14g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Burgers French Fries 22g Mix Vegetables 5g Tuna Salad WG Wrap 29g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Pancakes/syrup 46g Chicken sausage 1g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> WG -Pasta Marinara 45g Roasted Local Veggies 5g BBQ Chicken Nuggets 1g Fresh Produce Bar/Beans Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Beef Hot Dog 30g Steamed Carrots -7g Grilled Cheese 26g Fresh Produce Bar Milk 18.20g/Fresh Fruit	<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Turkey Pot Pie 17g Biscuit 23g Mac and Cheese 26g Mixed Veggies 11g Produce Bar Milk/18.20g/Fresh Fruit	<b>Breakfast</b> Cheesy Eggs 1g Housemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Cheese pizza 36g Vegetable Blend 5g Fresh Produce Bar Milk 18.20g Fresh Fruit
Monday 9-25	Tuesday 9-26	Wednesday 9-27	Thursday 9-28	Friday 9-29
<b>Breakfast</b> Sausage Muffin 14g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> BBQ Beef – 34g WG Bun Baked Beans 30g WG –Sunset Salad Bake 29g Fresh Produce Bar Milk – 18.20g	<b>Breakfast</b> WG Pancakes/syrup 46g Chicken sausage 1g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> WG – Taco Mac 40g Veggie Burger 45g WG Bun Mixed Veggies – 42g Fresh Produce Bar Milk – 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Chicken Alfredo 29g Fresh Pasta 25g Spinach 4g Alfredo Pasta 25g Fresh Produce Bar Milk -18.20g	<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Turkey Burger -52g French Fries -20g Hummus Wrap 35g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> Cheesy Eggs 1g Housemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Cheese pizza 36g Vegetable Blend 5g Fresh Produce Bar Milk 18.20g Fresh Fruit

*Variety of Milk is offered with all Breakfasts*

**All Lunches include a minimum choice of tossed salad, fresh vegetable and fresh fruit**

We do not use pork and peanuts in our food preparations . A Variety of Low-fat fluid milk served daily.

**This Institution is an equal opportunity provider.**

**IMPORTANT:** Please discuss any food allergy issues concerning your child with



September 4<sup>th</sup> – September 8<sup>th</sup>

**BREAKFAST**

Fresh *AND* Invigorating

Breakfast  
House made Muffin, Yogurt Parfait  
House made Blueberry Pancakes with Turkey Sausage  
House made Waffle, Chicken Sausage  
Egg, turkey bacon, potatoes and cheese bowl  
French Toast turkey sausage, Yogurt Smoothies

**Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk**

*Signature*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Taco Bar Week  
Taco Beef – Taco Chicken  
Mexican Rice  
Assorted Toppings

**GRILL**

SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Pulled BBQ Chicken – Cole Slaw  
Grilled Gyro on Pita – Greek Orzo Salad  
Classic Cheese Burger – Fries  
Walking Taco – Toppings

**PIZZA**

OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza – Cheese Pizza – Buffalo Chicken – Veggie Pizza

**DELI**

Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap – Greek Chicken Wrap – Tuna Wrap  
Hummus & Veggie Wrap

**SALAD BAR**

Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans,  
Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads



Please discuss any food allergy issues concerning your child with the Resident Director.

This institution is an equal opportunity provider.

September 11<sup>th</sup> – September 15<sup>th</sup>

**BREAKFAST**  
Fresh *AND* Invigorating

Breakfast  
House made Muffin, Yogurt Parfait  
House made Blueberry Pancakes with Turkey Sausage  
House made Waffle, Chicken Sausage  
Egg, turkey bacon, potatoes and cheese bowl  
French Toast turkey sausage, Yogurt Smoothies

*Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk*

*The*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Fried Rice Bar  
assorted rice- chicken – beef  
broccoli - corn – beans –carrots – peas  
assorted sauces

**GRILL**  
SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Crispy Chicken Sandwich – Fries  
Grilled Turkey Sandwich – Corn Chips  
Classic Burger – Onion Rings  
Veggie Burger – Corn Chips

**PIZZA**  
OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza – Cheese Pizza –Tortellini – Veggie Pizza

*DELI*  
Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap – BLT Wrap – Chicken Honey Mustard Wrap  
Italian Spicy Wrap

**SALAD BAR**  
Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans,  
Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads



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September 18<sup>th</sup> – September 22<sup>nd</sup>

**BREAKFAST**  
Fresh *AND* Invigorating

Breakfast  
House made Muffin, Yogurt Parfait  
House made Blueberry Pancakes with Turkey Sausage  
House made Waffle, Chicken Sausage  
Egg, turkey bacon, potatoes and cheese bowl  
French Toast turkey sausage, Yogurt Smoothies

*Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk*

*The*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Pasta Bar  
Build your own pasta bowl  
chicken- meatballs – pasta  
red sauce- alfredo -pesto

**GRILL**  
SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Grilled Cheese – Tomato Soup  
Veggie Burger – Barley Salad  
Classic Cheese Burger – Fries  
Chili Dogs – Onion Rings

**PIZZA**  
OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza – Cheese Pizza – Mac and Cheese – Veggie Pizza

*DELI*  
Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap – Chicken Salad Wrap – Buffalo Chicken Wrap  
Hummus & Veggie Wrap

**SALAD BAR**  
Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans, Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads

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September 25<sup>th</sup> – September 29<sup>th</sup>

**BREAKFAST**  
Fresh *AND* Invigorating

Breakfast  
House made Muffin, Yogurt Parfait  
House made Blueberry Pancakes with Turkey Sausage  
House made Waffle, Chicken Sausage  
Egg, turkey bacon, potatoes and cheese bowl  
French Toast turkey sausage, Yogurt Smoothies

*Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk*

*The*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Breakfast Week  
Waffles –Pancakes – Oatmeal  
Omelets

**GRILL**  
SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Sloppy Joe – Potato Salad  
Veggies Burger – Onion Rings  
Classic Cheese Burger – Fries  
Grilled Chicken on Flat Bread – Chips

**PIZZA**  
OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza – Cheese Pizza –Mushroom & Feta – Veggie Pizza

*DELI*  
Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap – Chicken Salad Wrap – Buffalo Chicken Wrap  
Hummus & Veggie Wrap

**SALAD BAR**  
Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans,  
Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads



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