



KCP – KCE September 2024 Menu

Monday – 9-2	Tuesday 9-3	Wednesday 9-4	Thursday 9-5	Friday 9-6
No School	Breakfast Bagel Egg, Cheese 43g WG Cereal/Yogurt Fresh fruit Milk 18.20g Lunch Hot Dog WG Bun 22g Baked Beans 35g Steamed Corn 23.99g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Breakfast Burrito 32g WG Cereal/Yogurt Fresh Fruit Milk 18.20g Lunch Grilled Cheeseburger WG Bun 28g Crinkle Fries 13g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Egg, Cheese, English Muffin 23g WG Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch Grilled Cheese 30g Tater Tots 24g Steamed Broccoli 3g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Egg, Sausage, Cheese English Muffin 22.50g WG Cereal/ Yogurt Fresh Fruit Milk 18.20g Lunch Specialty Pizza 36g Fresh Produce Bar Milk 18.20g/Fresh Fruit
Monday 9-9	Tuesday 9-10	Wednesday 9-11	Thursday 9-12	Friday 9-13
Breakfast Bagels 28g Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch Mini Corns Dogs 33g Popcorn Chicken Bowl 48.10g WG Dinner Roll 14g Produce Bar /Beans Milk – 18.20g /Fresh Fruit	Breakfast Bagel Egg, Chee-se 43g WG Cereal/Yogurt Fresh fruit Milk 18.20g Lunch Grilled Cheese 30g Meatball Sub 36.50g WG Roll 14g Roasted Carrots 15.87g Produce Bar /Beans Milk – 18.20g /Fresh Fruit	Breakfast Breakfast Burrito 32g WG Cereal/Yogurt Fresh Fruit Milk 18.20g Lunch Asian Chicken 7.27g Fried Rice 4.46g Vegetable Egg Roll 10g Steamed Peas 13.93g Lunch Specialty Pizza 36g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast WG Chicken Biscuits Sandwich 32gWG Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch Breaded Chicken Parm 15.04g WG Pasta 17.87g Cauliflower 5.32g Produce Bar /Beans Milk – 18.20g /Fresh Fruit	Breakfast Egg, Sausage, Cheese English Muffin 22.50g WG Cereal/ Yogurt Fresh Fruit Milk 18.20g Lunch Specialty Pizza 36g Fresh Produce Bar Milk 18.20g/Fresh Fruit
Monday 9-16	Tuesday 9-17	Wednesday 9-18	Thursday 9-19	Friday 9-20
Breakfast Bagels 28g Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch Mini Corn Dogs 33g Popcorn Chicken Bowl 48.10g Roasted Local Veggies 5g Fresh Produce Bar/Beans Milk 18.20g	Breakfast Bagel Egg, Cheese 43g WG Cereal/Yogurt Fresh fruit Milk 18.20g Lunch Grilled Cheese/Tomato Soup 50g Meatball Subs 36.50g Roasted Carrots 15.87g Fresh Produce Bar/Beans Milk 18.20g	Breakfast Breakfast Burrito 32g WG Cereal/Yogurt Fresh Fruit Milk 18.20g Lunch Asian Chicken, Fried Rice 11.73 Vegetable Egg Roll 10g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Egg, Cheese Biscuits 25g WG Cereal/Yogurt Fresh Fruit Milk 18.20g Lunch Breaded Chicken Parm with Pasta 32.91g Cauliflower 5.32g Produce Bar Milk/18.20g/Fresh Fruit	Breakfast Egg, Sausage, Cheese English Muffin 22.50g WG Cereal/ Yogurt Fresh Fruit Milk 18.20g Lunch Specialty Pizza 36g Vegetable blend 5g Fresh Produce Bar Milk 18.20g/Fresh Fruit
Monday 9-23	Tuesday 9-24	Wednesday 9-25	Thursday 9-26	Friday 9-27
Breakfast Bagels 28g Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch WG – Chicken Tenders 16g French Fries 13g Fresh Peas – 12g Produce Bar Milk 18.20g /Fresh Fruit	Breakfast Bagel Egg, Cheese 43g WG Cereal/Yogurt Fresh fruit Milk 18.20g Lunch Chicken Taco's 34.91 Mexican Rice 24.02 Corn Salsa 5.98gProduce Bar /Beans Milk – 18.20g /Fresh Fruit	Breakfast Breakfast Burrito 32g WG Cereal/Yogurt Fresh Fruit Milk 18.20g Lunch Lasagna Roll 33.87g Dinner Roll 14.g Fresh Produce Bar Milk 18.20g/Fresh Fruit 8.20g	Breakfast Egg, Cheese Biscuits 25g WG Cereal/Yogurt Fresh Fruit/Milk 18.20g Lunch Cheese Quesadilla 31.98g Chicken Quesadilla 35.65g Spanish Rice 34.42g Corn & Black Beans 44.52 Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Egg, Turkey Sausage Sandwich 16g WG Cereal/Hot Cereal Fresh Fruit/Milk 18.20g Lunch Specialty Pizza 36g Vegetable blend 5g Fresh Produce Bar Milk 18.20g/Fresh Fruit

Variety of Milk is offered with all Meals

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 Liza Stokes AVI Resident Director lstokes@avifoodsystems.com





Middle School Menu September

Monday	Tuesday	Wednesday	Thursday	Friday
Monday - 9-2	Tuesday 9-3	Wednesday 9-4	Thursday 9-5	Friday 9-6
	Breakfast Chicken Sausage Cheese Biscuits, 24.71g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Cheese Quesadilla 31.98g Turkey & Cheese Sandwich WG 29.01g Spanish Rice 34.72g Refried Beans 45g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Scrambled Eggs Turkey Bacon Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch BBQ Chicken Sandwich 48.88g Burrito Bowl 78.50 g Crinkle Fries 13 g Steamed Peas 18.57 g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Sausage Egg , Cheese Burrito 31.92g WG Cereal/Hot Cereal Milk 18.20g/Fresh Fruit Lunch Grilled Cheese 30g Chicken Nuggets 16g Crinkle Fries 13g Steamed Corn 23.99g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Cheese, Egg, Bagel 23g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Fiestada Pizza 43g Broccoli 3g Fresh Produce Milk 18.20g/Fresh Fruit
Monday 9-9	Tuesday 9-10	Wednesday 9-11	Thursday 9-12	Friday 9-13
Bacon, Egg ,Cheese Burrito 31g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Hawaiian Chicken Wrap 33.16g Macaroni and Cheese BBQ Chicken Bowl 54.83g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Waffles 35g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh fruit Lunch Beef Tacos 32.50g Chicken Bacon Wrap 44.61g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Chicken Sausage Cheese Biscuits, 24.71g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch BBQ Chicken Sandwich 48.88g Tuna Sandwich 4.07g Roasted Carrots 15.87g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Sausage Egg , Cheese Burrito 31.92g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Cheeseburger 27g Crinkle Fries 13g Hot Italian Hoagie 34.99g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Cheese, Egg, Bagel 23g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Specialty Pizza 36g Cheese Pizza 36g Broccoli 5.69g Fresh Produce Milk 18.20g/Fresh Fruit
Monday 9-16	Tuesday 9-17	Wednesday 9-18	Thursday 9-19	Friday 9-20
Breakfast Bacon, Egg ,Cheese Burrito 31g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Chicken , Fries 29g Penne Pasta, 27.81g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Waffles 35g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh fruit Lunch Beef Riblette Sand 39g Popcorn Chic Bowl 48.10g Fresh Fruit Fresh Produce Bar/Beans Milk 18.20g/	Breakfast Chicken Sausage Cheese Biscuits, 24.71g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Buffalo Chicken San 48.8g Grilled Turkey Ham & Cheese /Tomato Sand 30.20g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Oatmeal 27g Fresh Bagels 28g WG Cereal/Hot Cereal Milk 18.20g /Fresh Fruit Lunch Sloppy Joe 36g Chicken Ranch Wrap 34.10 Produce Bar Milk/18.20g/Fresh Fruit	Breakfast Egg, Cheese, English Muffin 23g Oatmeal 27g WG Cereal/Hot Cereal Milk 18.20g/ Fresh Fruit Lunch Cheese pizza 36g Broccoli 5g Fresh Produce Bar Milk 18.20g Fresh Fruit
Monday 9-23	Tuesday 9-24	Wednesday 9-25	Thursday 9-26	Friday 9-27
Breakfast Turkey Bacon, French Toast 52g Oatmeal 27g WG Cereal/Hot Cereal Milk 1.20g /Fresh fruit Lunch General Tso Bowl 96.63g Cheese Quesadilla 31.98g Fresh Produce Bar/Beans Milk 18.20g /Fresh Fruit	Breakfast Chicken Sausage Biscuits 24g WG Cereal/Hot Cereal Oatmeal 27g Milk 1.20g /Fresh fruit Lunch Turkey Club Sub 29.52 Chicken Tacos 34.91g Fresh Produce Bar/Beans Milk 18.20g /Fresh Fruit	Breakfast Turkey Bacon, Eggs 1.5g Oatmeal 27g WG Cereal/Hot Cereal Milk 1.20g /Fresh Fruit Lunch Honey Siracha Chicken Bowl 70.22g Meatballs Subs 36.50 Green Beans 11.64g Fresh Produce Bar Milk 18.20g/Fresh Fruit	Breakfast Chicken Sausage Burrito 31.92g WG Cereal/Hot Cereal Oatmeal 27g Milk 1.20g /Fresh fruit Lunch Roast Beef & Swiss Hoagie 36.36g Breaded Chicken Parm Sandwich 39.67g Steamed Peas 18.57 Fresh Produce Bar/Beans Milk 18.20g /Fresh Fruit	Breakfast Cheese, Egg Bagel 23G WG Cereal/Hot Cereal Oatmeal 27g Milk 1.20g /Fresh fruit Lunch Specialty Pizza 36g Cheese Pizza 36g Cauliflower 3.2g Fresh Produce Bar/Beans 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 Liza Stokes AVI Resident Director lstokes@avifoodsystems.com



Sept 2nd –Sept 6th

BREAKFAST
Fresh *AND* Invigorating

Breakfast
Monday Turkey Bacon Egg, Cheese Burrito 31g
Tuesday Mini Maple Waffles 35g
Wednesday Chicken Sausage ,Cheese Biscuit 24.71g
Thursday Pancakes, Turkey Bacon 41g
Friday Egg, Cheese English Muffin 23g
Yogurt , Cereal, Fresh Fruit , Variety of Milk Served Daily

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

The
SIGNATURE
INSPIRED • INNOVATIVE • IN-STYLE

Monday – Closed –
Tuesday BBQ Meatballs 24.50g, Mashed Potato .03g, Brussels Sprouts 10.17g
Wednesday Burrito Bowl 78.50g, Roasted Broccoli 3.25g
Thursday Basic grilled Chicken 0.19g, Baked Potato 85.58g, Corn Bread 28g
Friday – Bag Lunches

GRILL
SIZZLING, SEASONED & SASSY

Monday – Closed
Tuesday Chicken Gyros 43.70g
Wednesday Philly Beef Steak Sandwich 39.08g
Thursday Mozzarella, Tomato and Pesto Grilled Cheese 31.73g
Friday - Bag Lunches

PIZZA
OVEN-FRESH *AND* HANDCRAFTED

Monday –Closed
Tuesday Four Cheese 34.g Turkey Pepperoni Pizza 23g
Wednesday Pasta with Blush Sauce 45.18g
Thursday Four Cheese Pizza 34.g Turkey Pepperoni Pizza 23g
Friday - Bag Lunches

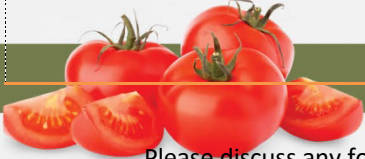
DELI
Fresh • Made To Order • Delicious

Monday – Closed
Tuesday Hot Italian Turkey Hoagie 34.99g
Wednesday Veggie Hummus Wrap 47.49g
Thursday tuna Salad Wrap 34.56g
Friday-Bag Lunches

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

This Institution is an equal opportunity provider.



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

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Sept 9th –Sept 13th

BREAKFAST
Fresh *AND* Invigorating

Breakfast
Monday Turkey Bacon Egg, Cheese Burrito 31g
Tuesday Mini Maple Waffles 35g
Wednesday Chicken Sausage ,Cheese Biscuit 24.71g
Thursday Pancakes, Turkey Bacon 41g
Friday Egg, Cheese English Muffin 23g
Yogurt , Cereal, Fresh Fruit , Variety of Milk Served Daily

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

The
SIGNATURE
INSPIRED • INNOVATIVE • IN-STYLE

Monday Macaroni & Cheese BBQ Chicken Bowl 54.83g
Tuesday Beef Tacos 35.50g, Steamed Corn 23.99g
Wednesday Whole Grain Chicken Drumsticks 6.0g, Carrots 15.87g
Thursday Meatballs 6g, WG Penne 17.87g, Broccoli 3.25g
Friday – Bag Lunches

GRILL
SIZZLING, SEASONED & SASSY

Monday Grilled Chicken Sandwich 29g,
Tuesday Grilled Cheese, Tomato Soup 50g
Wednesday BBQ Chicken sandwich 48.88g
Thursday Cheeseburger 27g, Crinkle Fries 13g
Friday - Bag Lunches

PIZZA
OVEN-FRESH *AND* HANDCRAFTED

Monday Taco Pizza 47.28g
Tuesday Four Cheese 34.g
Wednesday Veggie Pizza 32.02g
Thursday Four Cheese Pizza 34.g Turkey Pepperoni Pizza 23g
Friday - Bag Lunches

DELI
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Monday Crunchy Hawaiian Chicken Wrap 33.16g
Tuesday Chicken Bacon Wrap 44.61g
Wednesday Tuna Sandwich 4.07g
Thursday Hot Italian turkey Hoagie 34.99g
Friday-Bag Lunches

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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Sept 16th – Sept 20th

BREAKFAST
Fresh *AND* Invigorating

Breakfast
House made Muffin, 64g Yogurt Parfait 44g
Monday – Turkey Bacon, Egg, Cheese, Burrito 31g
Tuesday- Maple Waffles 35g
Wednesday – Chicken Sausage, cheese, Biscuits 24.71g
Thursday – Bagels 28g, Oatmeal 21g
Friday – Egg, Cheese, English Muffin Sandwich 23g

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

The
SIGNATURE
INSPIRED • INNOVATIVE • IN-STYLE

Signature
Monday Chicken Tenders 16g, Crinkle Fries 13g
Tuesday Popcorn Chicken Bowl 48.10g
Wednesday Chicken, Kale, Sweet Potato Rice Bowl w/Chipotle Ranch 71.75g
Thursday Spaghetti and Meatballs 46.69g, Bread Stick 15.07, Broccoli 3g
Friday Bag Lunch

GRILL
SIZZLING, SEASONED & SASSY

Grill Week
Monday – Philly Cheese Quesadilla 46.22g Fries 13g
Tuesday Beef Riblette Sandwich 39g
Wednesday Buffalo Chicken Sandwich 29.35g
Thursday Sloppy Joe 36g
Friday Bag Lunch

PIZZA
OVEN-FRESH *AND* HANDCRAFTED

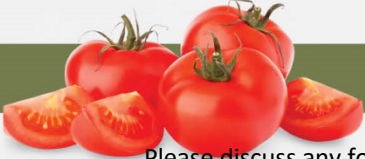
Pizza Station
Monday Taco Pizza 42.28g
Tuesday Bruschetta Pizza
Wednesday Veggie Pizza 32.02g
Thursday Pasta Alfredo 22.87
Friday Bag Lunch

DELI
Fresh • Made To Order • Delicious

Deli Station
Monday Turkey & Cheese Wrap 32g
Tuesday Turkey Pepperoni Sandwich 30.38g
Wednesday Grilled Turkey Ham, Cheese, Tomato 30.20g
Thursday Ranch Chicken Wrap 34.10g
Friday Bag Lunches

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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Sept 23rd – Sept 27th

BREAKFAST
Fresh *AND* Invigorating

Breakfast
House made Muffin, 64g Yogurt Parfait 44g
Monday – Turkey Bacon, French Toast 52g
Tuesday- Chicken Sausage 1g, Biscuit 23g
Wednesday – Chicken Sausage, Cheese, Biscuits 24.71g
Thursday – Chicken Sausage, Egg Burrito 31.92g
Friday – Cheese, Egg, Bagel 23g

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

The
SIGNATURE
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Signature
Monday Mac and Cheese BBQ Chicken Bowl, Baked Beans 89.8g
Tuesday Beef Tacos, Steamed Corn 56.9g
Wednesday Chicken Legs, Roasted Carrots 33.8g
Thursday Beef Meatballs, Brown Rice, Broccoli 44.63g
Friday Bag Lunch

GRILL
SIZZLING, SEASONED & SASSY

Grill Week
Monday Cheese Quesadilla 31.98g
Tuesday Crispy Chicken Sandwich 35g
Wednesday Meatball Sub 36.50g
Thursday Breaded Chicken Parm 36.97g
Friday Bag Lunch

PIZZA
OVEN-FRESH *AND* HANDCRAFTED

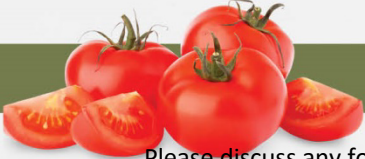
Pizza Station
Monday Pasta w/ Marinara 27.21g
Tuesday Four Cheese Pizza 47.28g
Wednesday – Pasta with Blush Sauce 45.18g
Thursday Turkey Pepperoni Pizza 33g
Friday Bag Lunches

DELI
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Deli Station
Monday Veggie Wrap
Tuesday Turkey Club Sandwich 29.52g
Wednesday Purple Power Bean Wrap 43.50g
Thursday Roast Beef & Swiss Hoagie 36.3g
Friday Bag Lunches

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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