



**KCM Menu – November 2024**

| <b>Everyday Options – Available for Breakfast and Lunch</b>  |   |   |   |  |
|--|---|---|---|--|
| <p>Fresh Produce Bar<br/>           Rotation of Fresh Fruits, including:<br/>           Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g)<br/>           Fluid Milk:<br/>           1% White Milk (12g), Chocolate Milk (22g)<br/> <b>Available for Breakfast only:</b><br/>           Rotation of Whole Grain Cereals<br/>           Oatmeal (27g)</p>   |   |   |   |  |
| <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday – 11/1</b>   |
|  |   |   |   | <p><u>Breakfast</u><br/>           Egg &amp; Cheese Bagel (43g)</p> <p><u>Lunch</u><br/>           Specialty Pizza (36g)<br/>           Cheese Pizza (36g)<br/>           Broccoli (3g)</p>            |
| <b>Monday – 11/4</b>   | <b>Tuesday – 11/5</b>   | <b>Wednesday – 11/6</b>   | <b>Thursday – 11/7</b>  | <b>Friday – 11/8</b>   |
| <p><u>Breakfast</u><br/>           Bacon, Egg, &amp; Cheese Burrito (31g)</p> <p><u>Lunch</u><br/>           Chicken Tenders (16g)<br/>           Crinkle Fries (13g)<br/>           Turkey &amp; Cheese Wrap (32g)<br/>           Steamed Peas (19g)</p>  | <p><u>NO SCHOOL</u></p>    | <p><u>Breakfast</u><br/>           Scrambled Eggs<br/>           Turkey Bacon</p> <p><u>Lunch</u><br/>           BBQ Chicken Sandwich (49g)<br/>           Corn Dogs (30g)<br/>           Crinkle Fries (13g)<br/>           Steamed Peas (19g)</p> | <p><u>Breakfast</u><br/>           Sausage, Egg, &amp; Cheese Burrito (32g)</p> <p><u>Lunch</u><br/>           Grilled Cheese (30g)<br/>           Chicken Nuggets (16g)<br/>           Crinkle Fries (13g)<br/>           Steamed Corn (24g)</p>   | <p><u>Breakfast</u><br/>           Egg &amp; Cheese Bagel (43g)</p> <p><u>Lunch</u><br/>           Fiesta Pizza (43g)<br/>           Broccoli (3g)</p>   |
| <b>Monday – 11/11</b>  | <b>Tuesday – 11/12</b>  | <b>Wednesday – 11/13</b>  | <b>Thursday – 11/14</b>   | <b>Friday – 11/15</b>  |
| <p><u>Breakfast</u><br/>           Bacon, Egg, &amp; Cheese Burrito (31g)</p> <p><u>Lunch</u><br/>           Hawaiian Chicken Wrap (33g)<br/>           Macaroni and Cheese<br/>           BBQ Chicken Bowl (55g)</p>  | <p><u>Breakfast</u><br/>           Waffles (35g)</p> <p><u>Lunch</u><br/>           Beef Tacos (33g)<br/>           Beans (8g)<br/>           Chicken Bacon Wrap (45g)</p>  | <p><u>Breakfast</u><br/>           Chicken Sausage<br/>           Cheese Biscuits (25g)</p> <p><u>Lunch</u><br/>           Chicken Alfredo Pasta (29g)<br/>           Tuna Sandwich (30g)<br/>           Roasted Carrots (16g)</p>                  | <p><u>Breakfast</u><br/>           Sausage, Egg, &amp; Cheese Burrito (32g)</p> <p><u>Lunch</u><br/>           Cheeseburger (27g)<br/>           Crinkle Fries (13g)<br/>           Hot Italian Hoagie (35g)</p>  | <p><u>Breakfast</u><br/>           Egg &amp; Cheese Bagel (43g)</p> <p><u>Lunch</u><br/>           Specialty Pizza (36g)<br/>           Cheese Pizza (36g)<br/>           Broccoli (3g)</p>            |
| <b>Monday – 11/18</b>  | <b>Tuesday – 11/19</b>  | <b>Wednesday – 11/20</b>  | <b>Thursday – 11/21</b>   | <b>Friday – 11/22</b>  |
| <p><u>Breakfast</u><br/>           French Toast (52g)<br/>           Turkey Bacon</p> <p><u>Lunch</u><br/>           General Tso Bowl (71g)<br/>           Cheese Quesadilla (32g)</p>   | <p><u>Breakfast</u><br/>           Chicken Sausage<br/>           Cheese Biscuits (25g)</p> <p><u>Lunch</u><br/>           Turkey Club Sub (30g)<br/>           Chicken Tacos (35g)<br/>           Beans (8g)</p> | <p><u>Breakfast</u><br/>           Scrambled Eggs<br/>           Turkey Bacon</p> <p><u>Lunch</u><br/>           Honey Siracha Chicken Bowl (70g)<br/>           Meatballs &amp; Rice (37g)<br/>           Green Beans (12g)</p>                    | <p><u>Breakfast</u><br/>           Chicken Sausage<br/>           Burrito (32g)</p> <p><u>Lunch</u><br/>           Thanksgiving Meal<br/>           Turkey, Mashed Potatoes (35g), Green Bean Casserole (16g), Mac &amp; Cheese (29g), Gravy (6g), Fresh Roll (53g), Pumpkin Mousse (36g)</p> | <p><u>Breakfast</u><br/>           Egg &amp; Cheese English Bagel (43g)</p> <p><u>Lunch</u><br/>           Specialty Pizza (36g)<br/>           Cheese Pizza (36g)<br/>           Cauliflower (3g)</p> |
| <b>Monday – 11/25</b>  | <b>Tuesday – 11/26</b>  | <b>Wednesday – 11/27</b>  | <b>Thursday – 11/28</b>   | <b>Friday – 11/29</b>  |
| <u>NO SCHOOL</u>   | <u>NO SCHOOL</u>  | <u>NO SCHOOL</u>  | <p><u>NO SCHOOL</u><br/>           HAPPY THANKSGIVING!</p>   | <u>NO SCHOOL</u>   |
| <p>All lunches include a minimum choice of tossed salad or fresh vegetable and fresh fruit.<br/>           Pork products and peanuts are not used in the kitchen during food preparation.<br/>           Questions or special requests regarding food sensitivities? We're happy to work together to support your student.<br/> <u>Contact:</u> Julie Marsh, MS, RDN, LD, Resident Director, julie.marsh@AVIFoodSystems.com.<br/>           This institution is an equal opportunity provider.</p> |   |   |   |  |

