



**KCP & KCE Menu – November 2024**

Everyday Options – Available for Breakfast and Lunch				
Fresh Produce Bar Rotation of Fresh Fruits, including: Apples (27g), Bananas (27g), Grapes (16g), Oranges (17g) Fluid Milk: 1% White Milk (12g), Chocolate Milk (22g) <b>Available for Breakfast only:</b> Rotation of Whole Grain Cereals Yogurt				
Monday	Tuesday	Wednesday	Thursday	Friday – 11/1
				<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)  <u>Lunch</u> Specialty Pizza (36g)
Monday – 11/4	Tuesday – 11/5	Wednesday – 11/6	Thursday – 11/7	Friday – 11/8
<u>Breakfast</u> French Toast (25g)  <u>Lunch</u> Turkey Sandwich (29g) Popcorn Chicken Bowl (48g) Steamed Corn (24g) Beans (8g)	NO SCHOOL  	<u>Breakfast</u> Egg & Cheese English Muffin (23g)  <u>Lunch</u> Asian Chicken (7g) Fried Rice (53g) Vegetable Egg Roll (10g) Steamed Peas (14g)	<u>Breakfast</u> Pancakes (41g) Sausage  <u>Lunch</u> Chicken Parmesan (15g) Pasta & Marinara (45g) Breadstick (15g) Broccoli (4g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)  <u>Lunch</u> Specialty Pizza (36g)
Monday – 11/11	Tuesday – 11/12	Wednesday – 11/13	Thursday – 11/14	Friday – 11/15
<u>Breakfast</u> French Toast (25g)  <u>Lunch</u> Chicken Tenders (16g) Turkey Sandwich (29g) French Fries (13g) Steamed Peas (14g) Beans (8g)	<u>Breakfast</u> Scrambled Eggs Turkey Sausage  <u>Lunch</u> Beef Tacos (33g) Bean & Cheese Chalupa (21g) Mexican Rice (24g) Carrots (16g) Beans (8g)	<u>Breakfast</u> Egg & Cheese English Muffin (23g)  <u>Lunch</u> Lasagna Roll (34g) Calzone (26g) Green Beans (12g)	<u>Breakfast</u> Pancakes (41g) Sausage  <u>Lunch</u> Cheese Quesadilla (32g) Spanish Rice (34g) Mac & Cheese (29g) Refried Beans (30g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)  <u>Lunch</u> Specialty Pizza (36g) Vegetable Blend (5g)
Monday – 11/18	Tuesday – 11/19	Wednesday – 11/20	Thursday – 11/21	Friday – 11/22
<u>Breakfast</u> French Toast (25g)  <u>Lunch</u> Chicken Nuggets (16g) French Fries (13g) Turkey Sandwich (29g) Steamed Carrots (16g)	<u>Breakfast</u> Scrambled Eggs Turkey Sausage  <u>Lunch</u> Hot Dog (22g) Pasta Alfredo (29g) Baked Beans (35g) Steamed Corn (24g)	<u>Breakfast</u> Egg & Cheese English Muffin (23g)  <u>Lunch</u> BBQ Pulled Chicken (17g) Green Beans (12g) Calzone (26g)	<u>Breakfast</u> Pancakes (41g) Sausage  <u>Lunch</u> Thanksgiving Meal Turkey, Mashed Potatoes (35g), Green Bean Casserole (16g), Mac & Cheese (29g), Gravy (6g), Fresh Roll (53g), Pumpkin Mousse (36g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)  <u>Lunch</u> Specialty Pizza (36g) Vegetable Blend (5g)
Monday – 11/25	Tuesday – 11/26	Wednesday – 11/27	Thursday – 11/28	Friday – 11/29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL HAPPY THANKSGIVING!  	NO SCHOOL
All lunches include a minimum choice of tossed salad or fresh vegetable and fresh fruit. Pork products and peanuts are not used in the kitchen during food preparation. Questions or special requests regarding food sensitivities? We're happy to work together to support your student. <u>Contact:</u> Julie Marsh, MS, RDN, LD, Resident Director, julie.marsh@AVIFoodSystems.com. This institution is an equal opportunity provider.				

