



KCM Menu – January 2025

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) Available for Breakfast only: Rotation of Whole Grain Cereals Assorted Breakfast Pastry				
Monday 1/6 NO SCHOOL	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10
	<u>Breakfast</u> Pancakes (41g) <u>Lunch</u> Meatball Sub (37g) Crispy Chicken Sandwich (35g) Baked Beans (18g)	<u>Breakfast</u> Breakfast Bagel Pizza (23g) <u>Lunch</u> Sweet & Sour Chicken with Rice (48g) Chicken Corn Dog (30g) Steamed Broccoli (3g)	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g) <u>Lunch</u> Pasta & Meatballs (49g) Dinner Roll (14g) Grilled Cheese (30g) Steamed Carrots (8g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u> Pizza (24g)
Monday – 1/13	Tuesday – 1/14	Wednesday – 1/15	Thursday – 1/16	Friday – 1/17
<u>Breakfast</u> French Toast Sticks (38g) <u>Lunch</u> Chicken Nuggets (16g) French Fries (20g) Bosco Pizza Sticks (25g)	<u>Breakfast</u> Pancakes (41g) <u>Lunch</u> Beef Tacos (33g) Refried Beans (30g) Crispy Chicken Sandwich (35g)	<u>Breakfast</u> Breakfast Bagel Pizza (23g) <u>Lunch</u> Calzone (32g) Chicken Corn Dog (30g) Green Beans (12g)	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g) <u>Lunch</u> Mac & Cheese (29g) Dinner Roll (14g) Grilled Cheese (30g) Steamed Peas (14g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u> Pizza (24g)
Monday – 1/20 NO SCHOOL	Tuesday – 1/21	Wednesday – 1/22	Thursday – 1/23	Friday – 1/24
	<u>Breakfast</u> Pancakes (41g) <u>Lunch</u> Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g)	<u>Breakfast</u> Breakfast Bagel Pizza (23g) <u>Lunch</u> BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g)	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g) <u>Lunch</u> BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u> Pizza (24g)
Monday – 1/27	Tuesday – 1/28	Wednesday – 1/29	Thursday – 1/30	Friday – 1/31
<u>Breakfast</u> French Toast Sticks (38g) <u>Lunch</u> Cheese Quesadilla (32g) Black Beans (12g) Bosco Pizza Sticks (25g)	<u>Breakfast</u> Pancakes (41g) <u>Lunch</u> Hamburger (26g) Crispy Chicken Sandwich (35g) French Fries (20g)	<u>Breakfast</u> Breakfast Bagel Pizza (23g) <u>Lunch</u> Orange Chicken and Brown Rice Bowl (67g) Chicken Corn Dog (30g) Steamed Broccoli (3g)	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g) <u>Lunch</u> Chicken Tenders (16g) Dinner Roll (14g) Steamed Carrots (8g) Grilled Cheese (30g)	<u>Breakfast</u> Egg, Sausage, & Cheese English Muffin (23g) <u>Lunch</u> Pizza (24g)
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.				

