

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 1/4	Tuesday 1/7	Wodnesday 1/8	Thursday 1/9	Friday 1/10
Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10
NO SCHOOL	Breakfast Panagkas (41g)	Breakfast	Breakfast Turkov Sausago Maple	Breakfast Eag Sausage & Cheese
	Pancakes (41g)	Breakfast Bagel Pizza (23a)	Turkey Sausage Maple Pancake Wraps (16g)	Egg, Sausage & Cheese English Muffin (23g)
	Lunah	(23g)	Paricake Wraps (16g)	English Mullin (23g)
	<u>Lunch</u> Meatball Sub (37g)	Lunah	Lundh	Lunch
	Crispy Chicken Sandwich	<u>Lunch</u> Sweet & Sour Chicken	<u>Lunch</u> Pasta & Meatballs (49a)	Pizza (24g)
	(35g)	with Rice (48g)	Dinner Roll (14g)	P1220 (24g)
	Baked Beans (18g)	Chicken Corn Dog (30g)	Grilled Cheese (30g)	
	bakea beans (16g)	Steamed Broccoli (3g)	Steamed Carrots (8g)	
		Steathed bloccoli (5g)	steathea Carrois (og)	
Monday – 1/13	Tuesday – 1/14	Wednesday – 1/15	Thursday – 1/16	Friday – 1/17
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
French Toast Sticks (38a)	Pancakes (41a)	Breakfast Bagel Pizza	Turkey Sausage Maple	Egg, Sausage & Cheese
l	(9)	(23g)	Pancake Wraps (16g)	English Muffin (23g)
Lunch	Lunch	(-3)	11111111111111	8 1 1 (18)
Chicken Nuggets (16g)	Beef Tacos (33g)	Lunch	Lunch	Lunch
French Fries (20g)	Refried Beans (30g)	Calzone (32g)	Mac & Cheese (29g)	Pizza (24g)
Bosco Pizza Sticks (25g)	Crispy Chicken Sandwich	Chicken Corn Dog (30g)	Dinner Roll (14g)	
	(35g)	Green Beans (12g))	Grilled Cheese (30g)	
			Steamed Peas (14g)	
Monday – 1/20	Tuesday – 1/21	Wednesday – 1/22	Thursday – 1/23	Friday – 1/24
Monday – 1/20 NO SCHOOL	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
		<u>Breakfast</u> Breakfast Bagel Pizza	<u>Breakfast</u> Turkey Sausage Maple	<u>Breakfast</u> Egg, Sausage & Cheese
	<u>Breakfast</u> Pancakes (41g)	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
	Breakfast Pancakes (41g) <u>Lunch</u>	<u>Breakfast</u> Breakfast Bagel Pizza (23g)	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)
	<u>Breakfast</u> Pancakes (41g) <u>Lunch</u> Chicken Tacos (35g)	<u>Breakfast</u> Breakfast Bagel Pizza (23g) <u>Lunch</u>	<u>Breakfast</u> Turkey Sausage Maple Pancake Wraps (16g) <u>Lunch</u>	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u>
	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g)	Breakfast Breakfast Bagel Pizza (23g) <u>Lunch</u> BBQ Meatballs (25g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g)
	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u>
	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g)	Breakfast Breakfast Bagel Pizza (23g) <u>Lunch</u> BBQ Meatballs (25g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u>
	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u>
NO SCHOOL	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g)	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u> Pizza (24g)
	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g)	<u>Breakfast</u> Egg, Sausage & Cheese English Muffin (23g) <u>Lunch</u>
NO SCHOOL Monday – 1/27	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday – 1/29	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday – 1/31
Monday - 1/27 Breakfast	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday – 1/29 Breakfast	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30 Breakfast	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday – 1/31 Breakfast
Monday - 1/27 Breakfast	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday - 1/29 Breakfast Breakfast Bagel Pizza	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday - 1/30 Breakfast Turkey Sausage Maple	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday - 1/31 Breakfast Egg, Sausage, & Cheese
Monday – 1/27 Breakfast French Toast Sticks (38g)	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast Pancakes (41g)	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday - 1/29 Breakfast Breakfast Bagel Pizza	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday - 1/30 Breakfast Turkey Sausage Maple	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday - 1/31 Breakfast Egg, Sausage, & Cheese
Monday – 1/27 Breakfast French Toast Sticks (38g) Lunch	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast Pancakes (41g) Lunch	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday - 1/29 Breakfast Breakfast Bagel Pizza (23g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30 Breakfast Turkey Sausage Maple Pancake Wraps (16g)	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday - 1/31 Breakfast Egg, Sausage, & Cheese English Muffin (23g)
Monday - 1/27 Breakfast French Toast Sticks (38g) Lunch Cheese Quesadilla (32g)	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast Pancakes (41g) Lunch Hamburger (26g)	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday – 1/29 Breakfast Breakfast Bagel Pizza (23g) Lunch	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30 Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday – 1/31 Breakfast Egg, Sausage, & Cheese English Muffin (23g) Lunch
Monday – 1/27 Breakfast French Toast Sticks (38g) Lunch Cheese Quesadilla (32g) Black Beans (12g)	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast Pancakes (41g) Lunch Hamburger (26g) Crispy Chicken Sandwich	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday - 1/29 Breakfast Breakfast Bagel Pizza (23g) Lunch Orange Chicken and	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30 Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch Chicken Tenders (16g)	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday – 1/31 Breakfast Egg, Sausage, & Cheese English Muffin (23g) Lunch
Monday – 1/27 Breakfast French Toast Sticks (38g) Lunch Cheese Quesadilla (32g) Black Beans (12g)	Breakfast Pancakes (41g) Lunch Chicken Tacos (35g) Refried Beans (30g) Crispy Chicken Sandwich (35g) Tuesday – 1/28 Breakfast Pancakes (41g) Lunch Hamburger (26g) Crispy Chicken Sandwich (35g)	Breakfast Breakfast Bagel Pizza (23g) Lunch BBQ Meatballs (25g) Chicken Corn Dog (30g) Tater Tots (16g) Wednesday – 1/29 Breakfast Breakfast Bagel Pizza (23g) Lunch Orange Chicken and Brown Rice Bowl (67g)	Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch BBQ Chicken Sandwich (49g) Grilled Cheese (30g) Green Beans (12g) Thursday – 1/30 Breakfast Turkey Sausage Maple Pancake Wraps (16g) Lunch Chicken Tenders (16g) Dinner Roll (14g)	Breakfast Egg, Sausage & Cheese English Muffin (23g) Lunch Pizza (24g) Friday – 1/31 Breakfast Egg, Sausage, & Cheese English Muffin (23g) Lunch

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.

Contact: Julie Marsh, MS, RDN, LD, Resident Director, julie.marsh@AVIFoodsystems.com.

This institution is an equal opportunity provider.









