



# KMS MENU December 2017



Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

**KMS Lunch Prices:**

**\$2.75 Daily**  
**\$3.50 Adult Daily**  
**Lunch**  
**\$.35 Milk**

*Milk is included with each student meal*

**Director of Food and Nutrition:**  
Shelley J uedes - 262-253-3419



This institution is an equal opportunity provider.

<p><b>1</b></p> <p>Variety of Homemade Pizza* or Spicy Popcorn Chicken w/Dinner Roll or Crunchy Fish Sticks w/Dinner Roll Baked Tater Tots Creamy Cole Slaw Chilled Strawberries &amp; Blueberries Blue &amp; Gold Jello Cubes</p>	<p>Cal 644 T.Fat 24.17 G S.Fat 6.4 G Chol 54.0 Mg Sodm 1110.25 Mg Carb 79.05 G Fiber 6.3 G Prtn 29.81 G Iron 2.44 Mg Calc 379.88 Mg Vit A 26.73 RE Vit C 15.00 Mg</p>				
<p><b>4</b></p> <p>Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Vegetarian Baked Beans Seasonal Fresh Fruit Chocolate Chip Cookie</p>	<p><b>5</b></p> <p>Popcorn Chicken or Meatballs w/Gravy or <b>NEW ITEM</b> Warm Cuban Sandwich* Mashed Potatoes Fresh Garden Bar Soft Baked Pretzel Rod Warm Cinnamon Apples</p>	<p><b>6</b></p> <p>Sub Sandwich Bar (Ham* or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Macaroni &amp; Cheese California Blend Vegetables Sliced Peaches Bag of Chips</p>	<p><b>7</b></p> <p><b>NEW ITEM</b> Pizzaburger or Chicken Alfredo w/Garlic Bread or Soft Shell Taco Fresh Garden Bar Seasoned Green Beans Chilled Applesauce Cotton Candy Ice Cream Bar</p>	<p><b>8</b></p> <p>Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Savory Corn Tomato Soup Seasonal Fresh Fruit Ice Cream Sandwich</p>	<p>Cal 687 T.Fat 20.24 G S.Fat 7.1 G Chol 63.5 Mg Sodm 1155.35 Mg Carb 94.67 G Fiber 9.1 G Prtn 32.89 G Iron 4.16 Mg Calc 577.10 Mg Vit A 34.30 RE Vit C 18.97 Mg</p>
<p><b>11</b></p> <p>Mandarin Orange Chicken or Dutch Waffle w/2 Breakfast Sausages* or Pork Carnita Flatbread Sandwich Steamed Peas Pineapple Tidbits Fortune Cookie</p>	<p><b>12</b></p> <p>Italian Spaghetti w/Meat Sauce or Bosco Sticks or Mini Corn Dogs Garlic Bread Fresh Garden Bar Seasoned Green Beans Crisp Apple Caramel Dip</p>	<p><b>13</b></p> <p>Burrito Bowl or Wrap or Stuffed Crust Cheese Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone Crispy Potato Wedges Cheesy Refried Beans Mandarin Oranges</p>	<p><b>14</b></p> <p><b>Holiday Dinner</b></p> <p>Caroler's Chicken Nuggets or North Pole Roasted Pork* w/Gravy or 2 Festive Salisbury Steak Merry Mashed Potatoes Evergreen Garden Bar Dancing Dinner Roll Scrooge's Savory Corn Ribbons of Strawberry Craisins</p>	<p><b>15</b></p> <p>Sloppy Joe Sandwich or Big Daddy Buffalo Chicken Pizza or Chicken Tenders Chicken Noodle Soup Sweet Carrot Coins Sliced Peaches Assorted Graham Snacks</p>	<p>Cal 628 T.Fat 18.38 G S.Fat 6.0 G Chol 66.1 Mg Sodm 965.38 Mg Carb 84.49 G Fiber 8.0 G Prtn 31.87 G Iron 3.97 Mg Calc 482.99 Mg Vit A 34.35 RE Vit C 30.42 Mg</p>
<p><b>18</b></p> <p>Popcorn Chicken or 2 Hot Dogs* or Chili Dogs* or Chicken Fajita Crispy Potato Wedges Country Blend Vegetables Chilled Peas Holiday Sugar Cookie</p>	<p><b>19</b></p> <p>General TSO Chicken or 2 Cinnamon French Toast with a Cheese Omelet or BBQ Pulled Pork* Sandwich Fresh Garden Bar Cheesy Broccoli Chilled Strawberries</p>	<p><b>20</b></p> <p>Sub Sandwich Bar (Ham* or Salami*) or Wild Mike's Cheese Pizza or Mini Corn Dogs or Cook's Choice Crispy Mini Tri-Taters Seasoned Green Beans Sliced Peaches Bag of Chips</p>	<p><b>21</b></p> <p>Double Hamburger or Mini Cheese Ravioli w/Garlic Bread or Spicy Chicken Tenders w/Garlic Bread Fresh Garden Bar Beef Barley Soup Savory Corn, Fresh Fruit Berry &amp; Bright Johnny Pop</p>	<p><b>22</b></p> <p>Big Daddy 4 Meat* or Cheese Pizza or Chicken Filet Sandwich or Cheese Quesadilla Sweet Potato Fries Cheesy Refried Beans Assorted Juice Cup Vanilla Cupcake</p>	<p>Cal 667 T.Fat 20.45 G S.Fat 7.0 G Chol 71.9 Mg Sodm 1147.89 Mg Carb 89.63 G Fiber 8.2 G Prtn 31.25 G Iron 3.54 Mg Calc 502.32 Mg Vit A 34.22 RE Vit C 19.86 Mg</p>
<p><b>25</b></p>	<p><b>26</b> <b>27</b> <b>28</b></p> <p><b>WINTER BREAK</b></p>			<p><b>29</b></p> <p><b>HAPPY NEW YEAR</b></p>	

**Account Balance:** Please access your account on-line at [www.Germantownschools.org](http://www.Germantownschools.org). Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.