

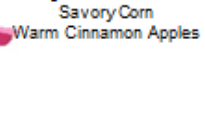









KMS

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>KMS Lunch Prices: \$2.75 Dail \$3.50 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p> <p>This institution is an equal opportunity provider.</p>	<p>Account Balance: Please access your account on-line at www.Germantownschools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.</p> 		<p>1 Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Large Cinnamon Roll Savory Corn Warm Cinnamon Apples</p> 	<p>2 Chicken Tenders or Sloppy Joe Sandwich or Variety of Homemade Pizzas* Broccoli Cheese Soup Sliced Peaches Chocolate Chip Cookie</p> 	<p>Cal 697 T.Fat 22.49 G S.Fat 6.9 G Chol 71.1 Mg Sodm 1149.07 Mg Carb 89.18 G Fiber 7.5 G Prtn 34.83 G Iron 3.98 Mg Calc 476.25 Mg Vit A 36.48 RE Vit C 39.44 Mg</p>
<p>5 Popcom Chicken or 2 Hot Dogs* or Chili Dogs* or Chicken Fajita Crispy Potato Wedges Vegetarian Baked Beans Chilled Pears Assorted Sorbet</p> 	<p>6 General TSO Chicken or Cinnamon French Toast w/Cheese Omelet or BBQ Pulled Pork* Sandwich Mixed Vegetables Warm Cinnamon Apples</p>	<p>7 SOUP BAR (Broccoli Cheese, Chicken Noodle or Chili) w/Bosco Stick or Wild Mike's Cheese Pizza or Mini Corn Dogs or Cook's Choice Mini Tri-Taters, Green Beans, Sliced Peaches & Bag of Chips</p>	<p>8 Italian Spaghetti w/Meat Sauce or Spicy Chicken Tenders or Double Hamburger Garlic Bread Savory Corn Chilled Applesauce</p> 	<p>9 Big Daddy 4 Meat* or Cheese Pizza or Breaded Chicken Filet Sandwich or Cheese Quesadilla Sweet Potato Fries California Blend Vegetables Assorted Juice Cup Vanilla Cupcake</p>	<p>Cal 665 T.Fat 19.17 G S.Fat 6.4 G Chol 78.1 Mg Sodm 1050.06 Mg Carb 92.74 G Fiber 8.4 G Prtn 32.08 G Iron 3.61 Mg Calc 535.69 Mg Vit A 38.74 RE Vit C 24.96 Mg</p>
Ash Wednesday					
<p>12 Chicken Nuggets or Mozzarella Sticks or Warm Ham* & Cheese on a Sub Bun Seasoned Green Beans Pineapple Tidbits Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>13 Soft Shell Taco or Bosco Sticks or Homemade Italian Lasagna Dinner Roll Cheesy Refried Beans Chilled Applesauce</p>	<p>14 Dreamy Baked Potato Bar or Cupid's Chicken Tenders or Wild-About-You Mini Cheese Ravioli or Charming Oven Roasted Chicken-on-the-Bone Sweet Heart Carrot Coins Be-Mine Breadstick Rosy Red Strawberries Valentine Sugar Cookie</p>	<p>15 Popcom Chicken or Turkey & Gravy or Warm Cuban* Sandwich Mashed Potatoes Dinner Roll California Blend Vegetables Assorted Juice Cup</p> 	<p>16 Big Daddy 4 Meat* or Cheese Pizza or Potato Crusted Fish Wedges or Macaroni & Cheese Sweet Potato Fries Country Blend Vegetables Chilled Pears Ice Cream Sandwich</p>	<p>Cal 642 T.Fat 19.63 G S.Fat 7.2 G Chol 66.2 Mg Sodm 1038.55 Mg Carb 83.59 G Fiber 6.5 G Prtn 32.82 G Iron 3.85 Mg Calc 548.23 Mg Vit A 34.94 RE Vit C 25.74 Mg</p>
<p>19 Mandarin Orange Chicken or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Seasoned Broccoli Mandarin Oranges Fortune Cookie</p>	<p>20 Chicken Tenders or Grilled Cheese Sandwich or Chicken Alfredo Tomato Soup Seasonal Fresh Fruit 100% Fruit Sherbet Cup</p> 	<p>21 Sub Sandwich Bar (Turkey or Italian*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Steamed Peas Apple & Cherry Juice Bag of Chips</p>	<p>22 Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Large Cinnamon Roll Savory Corn Chilled Applesauce</p>	<p>23 Variety Homemade Pizza* or Mozzarella Sticks or BBQ Pulled Pork* on a Pretzel Roll Seasoned Curly Fries Sweet Carrot Coins Pineapple Tidbits</p>	<p>Cal 652 T.Fat 18.57 G S.Fat 5.9 G Chol 56.1 Mg Sodm 1105.53 Mg Carb 88.50 G Fiber 6.9 G Prtn 32.44 G Iron 3.04 Mg Calc 507.98 Mg Vit A 28.00 RE Vit C 38.29 Mg</p>
<p>26 Sloppy Joe Sandwich or BBQ Chicken Wings or Soft Baked Pretzel Rod Chicken Enchilada Crispy Potato Wedges Vegetarian Baked Beans Sliced Peaches Rice Krispie Treat</p>	<p>27 Beefy Nachos or Chicken Enchilada or Bosco Sticks Cheesy Refried Beans Chilled Strawberries Chocolate Chip Cookie</p> 	<p>28 SOUP BAR (Broccoli Cheese, Chicken Noodle or Beef Barley) w/Bosco Stick or Beef Tornado or Cinnamon French Toast 2 Breakfast Sausages* or Chicken Filet Sandwich Green Beans, Warm Cinnamon Apples & Mini Powdered Sugar Donuts</p>	<p>HAPPY VALENTINE DAY!</p> 		<p>Cal 698 T.Fat 19.50 G S.Fat 7.0 G Chol 66.1 Mg Sodm 1021.09 Mg Carb 101.94 G Fiber 8.0 G Prtn 31.85 G Iron 4.43 Mg Calc 583.77 Mg Vit A 39.87 RE Vit C 17.37 Mg</p>