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January 2018 KMS MENU



Director of Food and Nutrition:
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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>1</p> <p><u>KMS Lunch Prices:</u> \$2.75 Daily \$3.50 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>	<p>2</p> <p>Chicken Tenders w/Dinner Roll or Double Cheeseburger or 2 Hot Dogs* Savory Corn Chocolate Chip Cookie Mixed Fruit</p> 	<p>3</p> <p>Baked Potato Bar or Beefy Nachos or 2 Pizza Dippers or Oven Roasted Chicken-on-the-Bone French Fries, Broccoli w/Cheese, Dinner Roll, Juice Cup, Raspberry Churro</p>	<p>4</p> <p>Italian Spaghetti w/Meat Sauce or Crispy Chicken O's or Cheese Pizza Quesadilla Garlic Bread Sweet Carrot Coins Sliced Peaches</p>	<p>5</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Macaroni & Cheese or Chicken Nuggets Sweet Potato Fries Seasoned Green Beans Chilled Peas Cotton Candy Ice Cream Bar</p>	<p>Cal 654 T.Fat 21.57 G S.Fat 6.8 G Chol 61.8 Mg Sodm 1011.52 Mg Carb 85.35 G Fiber 6.8 G Prtn 32.05 G Iron 4.08 Mg Calc 481.32 Mg Vit A 33.19 RE Vit C 29.31 Mg</p>
<p>8</p> <p>Mandarin Orange Chicken or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Seasoned Broccoli Mandarin Oranges Fortune Cookie</p>	<p>9</p> <p>Chicken Tenders or Chicken Fajita or Grilled Cheese Sandwich Tomato Soup Chilled Peas Minion Graham Snacks</p>	<p>10</p> <p>Sub Sandwich Bar (Turkey or Italian*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Crispy Tri Tater Chilled Strawberries Bag of Chips</p>	<p>11</p> <p>Chicken Nuggets or Roasted Pork* w/Gravy or Philly Steak Sandwich Mashed Potatoes Large Cinnamon Roll Savory Corn Chilled Applesauce</p>	<p>12</p> <p>NO SCHOOL! TEACHER IN-SERVICE</p>	<p>Cal 641 T.Fat 17.88 G S.Fat 5.8 G Chol 58.8 Mg Sodm 1131.42 Mg Carb 88.32 G Fiber 6.8 G Prtn 30.96 G Iron 2.94 Mg Calc 482.65 Mg Vit A 31.72 RE Vit C 31.16 Mg</p>
<p>15</p> <p>Stuppy Joe Sandwich or BBQ Chicken Wings w/Dinner Roll or Cheese Pizza Quesadilla Crispy Potato Wedges Vegetarian Baked Beans Sliced Peaches Strawberry Ice Cream Cup</p>	<p>16</p> <p>Italian Spaghetti w/Meat Sauce & Garlic Bread or 2 Hot Dogs* or Chili Dogs* or WG Chicken Egg Roll Savory Corn Assorted Juice Cup</p>	<p>17</p> <p><u>NEW!</u> HOT SOUP BAR w/BOSCO STICK (Beef Barley, Cheesy Broccoli or Homemade Chicken Noodle) or Cinnamon French Toast w/2 Breakfast Sausages* or Chicken Patty Sandwich Green Beans & Peas Double Chocolate Chip Cookie</p>	<p>18</p> <p>Mini Cheese Ravioli or Bosco Sticks or Chicken Enchilada Seasoned Broccoli Crisp Red Grapes Mini Powdered Sugar Donuts</p> 	<p>19</p> <p>Variety of Homemade Pizza* or Chicken Tenders w/Dinner Roll or Crunchy Fish Sticks w/Dinner Roll Baked French Fries Creamy Cole Slaw Chilled Strawberries & Blueberries Bag of Popcorn</p>	<p>Cal 700 T.Fat 22.10 G S.Fat 7.5 G Chol 70.2 Mg Sodm 1152.37 Mg Carb 93.16 G Fiber 7.9 G Prtn 34.30 G Iron 21.98 Mg Calc 590.76 Mg Vit A 40.97 RE Vit C 19.16 Mg</p>
<p>22</p> <p>Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Steamed Peas Mixed Fruit Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>23</p> <p>Popcorn Chicken w/Dinner Roll or Meatballs w/Gravy w/Dinner Roll or Warm Cuban Sandwich Mashed Potatoes Steamed Peas & Carrots Warm Cinnamon Apples</p>	<p>24</p> <p>Sub Sandwich Bar (Ham* or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Macaroni & Cheese California Blend Vegetables Sliced Peaches Bag of Chips</p>	<p>25</p> <p>Chicken Alfredo w/Garlic Bread or Soft Shell Taco or Pizzaburger on a Bun Seasoned Green Beans Chilled Applesauce Assorted Sorbet</p>	<p>26</p> <p>Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Chicken Nuggets Baked Spudster Potatoes Seasonal Fresh Fruit Ice Cream Sandwich</p> 	<p>Cal 651 T.Fat 19.92 G S.Fat 6.8 G Chol 65.7 Mg Sodm 1071.54 Mg Carb 86.30 G Fiber 8.4 G Prtn 32.84 G Iron 3.82 Mg Calc 558.39 Mg Vit A 35.39 RE Vit C 35.42 Mg</p>
<p>29</p> <p>Mandarin Orange Chicken or Dutch Waffle w/2 Breakfast Sausages* or Warm Pork Carnita* Flatbread Sandwich Steamed Peas Pineapple Tidbits Fortune Cookie</p>	<p>30</p> <p>Bosco Sticks or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Seasoned Curly Fries Green Beans Seasonal Fresh Fruit Rice Krispie Treat</p>	<p>31</p> <p>Burrito Bowl or Wrap or Stuffed Crust Cheese Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone w/Dinner Roll Crispy Potato Wedges Cheesy Refried Beans Chilled Strawberries & Blueberries</p>	<p>The Food and Nutrition Department is accepting applications for ON-CALL SUBSTITUTES. If interested, please apply on the WECAN website at http://services.education.wisc.edu/we and click on support staff.</p> <p><u>Account Balance:</u> Please access your account on-line at www.Germantownschools.org. Make checks payable to: German town Food & Nutrition and include your child's name on your payment.</p>		<p>Cal 635 T.Fat 17.39 G S.Fat 6.8 G Chol 61.0 Mg Sodm 979.61 Mg Carb 88.38 G Fiber 8.5 G Prtn 31.87 G Iron 3.49 Mg Calc 568.48 Mg Vit A 31.66 RE Vit C 28.51 Mg</p>