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# KMS MENU

## May 2017

Director of Food and Nutrition:  
Shelley Juedes - 262-253-3419



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>1</b> Mandarin Orange Chicken w/Fluffy Rice or Beefy Nachos or Chicken Tenders Soft Baked Pretzel Rod Fresh Garden Bar Peas & Carrots Chilled Pineapple	<b>2</b> BBQ Pulled Pork* Sandwich or Breaded Chicken Filet Sandwich or Cook's Choice Sweet Potato Fries Fresh Garden Bar Seasoned Broccoli Warm Cinnamon Apples	<b>3</b> Sub Sandwich Bar (Ham or Turkey) or Mini Corn Dogs or Double Cheeseburger or Stuffed Crust Cheese Pizza Crispy Mini Tri-Taters Fresh Garden Bar Chilled Peas	<b>4</b> Crispy Popcorn Chicken or Breaded Pork Chop* or 2 Salisbury Steak w/Dinner Roll Mashed Potatoes Fresh Garden Bar Savory Corn Seasonal Fresh Fruit	<b>5</b> Chicken Nuggets or Bosco Sticks or Big Daddy 4 Meat* or Cheese Pizza Fresh Garden Bar Vegetarian Baked Beans Chilled Blueberries Frozen Sidekick Slushy	Cal 699 T.Fat 22.89 G S.Fat 6.1 G Chol 56.2 Mg Sodm 1181.11 Mg Carb 92.88 G Fiber 10.2 G Prtn 32.88 G Iron 4.16 Mg Calc 505.80 Mg Vit A 38.11 RE Vit C 32.46 Mg
<b>8</b> Bratwurst or Crunchy Chicken Drumsticks w/Dinner Roll or Buffalo Cheese Crunchers Lattice Cut Potato Fries Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches Bag of Kettle Style Popcorn	<b>9</b> Chicken Tenders or Cheese Quesadilla or BBQ Pork Rib* Sandwich Fresh Garden Bar Cheesy Refried Beans Tropical Fruit Salad Chocolate Chocolate Chip Muffin	<b>10</b> Burrito Bowl or Wrap or Chicken Egg Roll w/Fried Rice or Classic Cheese Pizza Wedge or 2 Hot Dogs* or Chili Dogs* Fresh Garden Bar Mandarin Oranges	<b>11</b> Mozzarella Sticks or Philly Steak Sandwich or Walking Taco w/Toppings Sweet Potato Tots Fresh Garden Bar Savory Corn Chilled Peas	<b>12</b> Big Daddy Cheese Pizza or Fish Sandwich w/Cheese or Cook's Choice Crispy Potato Wedges Fresh Garden Bar Seasonal Fresh Fruit 100% Fruit Sherbet Cup	Cal 699 T.Fat 24.11 G S.Fat 6.9 G Chol 47.3 Mg Sodm 1128.21 Mg Carb 91.86 G Fiber 9.4 G Prtn 30.38 G Iron 4.31 Mg Calc 551.27 Mg Vit A 34.07 RE Vit C 27.34 Mg
<b>15</b> Mini Corn Dogs or BBQ Pulled Pork* Sandwich or Chicken Patty Sandwich Baked French Fries Fresh Garden Bar Vegetarian Baked Beans Strawberry Banana Johnny Pop Smoothy Bar	<b>16</b> Meatball Hoagie or Grilled Cheese Sandwich or Dutch Waffle w/2 Cheese Omelets Tater Gems Fresh Garden Bar Applesauce Cup	<b>17</b> Sub Sandwich Bar (Ham or Italian) or Bosco Sticks or General TSO Chicken w/Dinner Roll or Meatballs in Teriyaki Sauce w/Dinner Roll Broccoli, Peaches & Chocolate Chip Cookie	<b>18</b> Crispy Popcorn Chicken or BBQ Pork Rib* Sandwich or Cook's Choice Mashed Potatoes Fresh Garden Bar Savory Corn Assorted Sorbet	<b>19</b> Spicy Chicken Tenders or Stuffed Crust Cheese Pizza or Fish Sandwich w/Cheese Crispy Tri Tater Fresh Garden Bar Crisp Red Grapes Bag of Kettle Style Popcorn	Cal 698 T.Fat 23.86 G S.Fat 6.0 G Chol 62.4 Mg Sodm 1234.70 Mg Carb 92.58 G Fiber 8.5 G Prtn 29.82 G Iron 4.34 Mg Calc 502.47 Mg Vit A 38.01 RE Vit C 36.73 Mg
<b>22</b> Chicken Fajita or Large Corn Dog or Cook's Choice Seasoned Curly Fries Fresh Garden Bar California Blend Vegetables Chilled Blueberries	<b>23</b> Chicken Nuggets or Warhawk Burger w/Cheese or Warm Pork Carnita* Flatbread Sandwich Mashed Potatoes Sweet Potato Tots Fresh Garden Bar Warm Cinnamon Apples	<b>24</b> Baked Potato Bar w/Dinner Roll or Mozzarella Sticks or Big Daddy Cheese Pizza Fresh Garden Bar Seasonal Fresh Fruit Mint Fudge Ice Cream Cup	<b>25</b> Chicken Enchilada or Mandarin Orange Chicken or Warm Beef & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Sliced Peaches	<b>26</b> Macaroni & Cheese or Mini Corn Dogs or Beefy Nachos Seasoned Curly Fries Fresh Garden Bar Cheesy Refried Beans Applesauce Cup Chocolate Chip Cookie	Cal 691 T.Fat 23.09 G S.Fat 6.8 G Chol 53.7 Mg Sodm 1288.38 Mg Carb 91.86 G Fiber 11.1 G Prtn 30.92 G Iron 4.71 Mg Calc 526.51 Mg Vit A 37.95 RE Vit C 32.81 Mg
<b>29</b>  <b>MEMORIAL                      DAY                      NO SCHOOL</b>	<b>30</b> Chicken Nuggets or G-Town Sandwich or Cook's Choice Oven Baked Potato Wedges Fresh Garden Bar Vegetarian Baked Beans 100% Fruit Sherbet Cup	<b>31</b> Sub Sandwich Bar (Ham or Salami) or French Bread Cheese Pizza or Chicken Tenders Wrap or Bratwurst Fresh Garden Bar Chilled Applesauce	<b>KMS Lunch Prices:</b> <b>\$2.60 Daily</b> <b>\$3.45 Adult Daily</b> <b>Lunch</b> <b>\$ .35 Milk</b> Milk is included with each student meal. * Contains Pork		Cal 693 T.Fat 21.77 G S.Fat 6.5 G Chol 45.7 Mg Sodm 1182.45 Mg Carb 94.24 G Fiber 7.9 G Prtn 30.78 G Iron 3.91 Mg Calc 523.87 Mg Vit A 31.82 RE Vit C 38.56 Mg

**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.