



KMS MENU 2017 November



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>KMS Lunch Prices: \$2.75 Daily \$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>1 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or BBQ Chicken-on-the-Bone w/Dinner Roll Crispy Potato Wedges Fresh Garden Bar Mandarin Oranges</p>	<p>2 Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Sweet Carrot Coins Warm Cinnamon Apples</p>	<p>3 Sloppy Joe Sandwich or Variety of Homemade Pizzas* or Regular or Spicy Chicken Tenders Broccoli Cheese Soup Fresh Garden Bar Savory Corn Sliced Peaches Ice Cream Sandwich</p>	<p>Cal 699 T.Fat 20.85 G S.Fat 6.8 G Chol 68.1 Mg Sodm 1075.76 Mg Carb 94.12 G Fiber 8.7 G Prtn 34.35 G Iron 3.86 Mg Calc 466.12 Mg Vit A 33.81 RE Vit C 49.95 Mg</p>
<p>6 Warhawk Burger w/Cheese or Crispy Popcorn Chicken or 2 Hot Dogs* or Chili Dogs* Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Chilled Pears Bag of Nacho Cheese Doritos</p>	<p>7 BBQ Chicken Wings w/Mini Pretzel Bites or Cinnamon French Toast w/2 Cheese Omelets or BBQ Pulled Pork* on a Pretzel Roll Crispy Tri Tater Fresh Garden Bar Chilled Strawberries</p>	<p>8 Sub Sandwich Bar (Ham* or Salami*) or Wild Mike's Cheese Pizza or Large Corn Dog or Cook's Choice Fresh Garden Bar Sliced Peaches Bag of Kettle Style Popcorn or Chips</p>	<p>9 Italian Spaghetti w/Meat Sauce or Chicken Fajita or Regular or Spicy Chicken Tenders Fresh Garden Bar Savory Corn Seasonal Fresh Fruit Assorted Sorbet</p>	<p>10 Big Daddy 4 Meat* or Cheese Pizza or Beefy Nachos or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Chilled Applesauce Vanilla Cupcake</p>	<p>Cal 699 T.Fat 21.94 G S.Fat 7.2 G Chol 73.8 Mg Sodm 1111.96 Mg Carb 96.51 G Fiber 9.4 G Prtn 31.62 G Iron 3.98 Mg Calc 559.71 Mg Vit A 39.28 RE Vit C 26.19 Mg</p>
Thanksgiving Feast					
<p>13 Mozzarella Sticks or Mandarin Orange Chicken or Warm Ham* & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Fortune Cookie</p>	<p>14 Tyson Wings of Fire or Homemade Italian Lasagna or Chicken Enchilada Fresh Garden Bar Dill Pickle Spear Dinner Roll Savory Corn Bag of Frito Chips Seasonal Fresh Fruit</p>	<p>15 Baked Potato Bar or Soft Shell Taco or 2 Pizza Dippers or Oven Roasted Chicken-on-the-Bone Garden Bar, Dinner Roll, Cheesy Refried Beans, Chilled Peaches & a Raspberry Churro</p>	<p>16 Pilgrim's Popcorn Chicken or Gobble Gobble Turkey & Gravy or 2 Settlers Salisbury Steak Mayflower Mashed Potatoes, Orange Glazed Sweet Potatoes, Feastable Garden Bar, Bountiful California Blend Vegetables, Autumn Juice Cup & a Delicious Cinnamon Roll</p>	<p>17 Macaroni & Cheese or Chicken Nuggets or Variety of Homemade Pizzas* Sweet Potato Fries Fresh Garden Bar Chilled Pears Assorted Sorbet</p>	<p>Cal 661 T.Fat 19.09 G S.Fat 6.2 G Chol 58.6 Mg Sodm 1072.87 Mg Carb 89.77 G Fiber 9.9 G Prtn 33.55 G Iron 4.28 Mg Calc 528.90 Mg Vit A 32.03 RE Vit C 41.46 Mg</p>
<p>20 Regular or Spicy Chicken Tenders or Breaded Fish Sandwich w/Cheese or Big Daddy Buffalo Chicken Pizza Baked French Fries Fresh Garden Bar Seasoned Broccoli Blue Raspberry Cherry Swirl Shape Up</p>	<p>21 Beefy Nachos or Chicken Fajita or Grilled Cheese Sandwich Fresh Garden Bar Tomato Soup Fresh Banana Minion Graham Snacks</p>	<p>22 Sub Sandwich Bar (Turkey or Italian*) or Stuffed Crust Cheese Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Garden Bar, Sweet Potato Tots, Chilled Strawberries & a Bag of Chips</p>	<p>23 Happy Thanksgiving</p>	<p>24</p>	<p>Cal 693 T.Fat 20.97 G S.Fat 6.2 G Chol 62.9 Mg Sodm 1169.79 Mg Carb 93.28 G Fiber 9.4 G Prtn 33.37 G Iron 3.94 Mg Calc 528.32 Mg Vit A 32.77 RE Vit C 34.19 Mg</p>
<p>27 Sloppy Joe Sandwich or BBQ Chicken Wings w/Dinner Roll or Chicken Enchilada Crispy Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches Strawberry Banana Johnny Pop Smoothy Bar</p>	<p>28 Mandarin Orange Chicken or Cinnamon French Toast w/2 Breakfast Sausages* or G-Town Sandwich* Fresh Garden Bar Mandarin Oranges Fortune Cookie</p>	<p>29 Burrito Bowl or Wrap w/Dinner Roll or Warm Beef & Cheese Sandwich or 2 Hot Dogs* or Chili Dogs* or Bosco Sticks Fresh Garden Bar Seasoned Green Beans Crisp Red Grapes Mini Powdered Sugar Donuts</p>	<p>30 Italian Spaghetti w/Meat Sauce & Garlic Bread or Bacon* Cheeseburger w/French Fries or Chicken Fajita w/French Fries Fresh Garden Bar Savory Corn Assorted Juice Cup</p>	<p>1</p>	<p>Cal 658 T.Fat 20.54 G S.Fat 6.5 G Chol 57.1 Mg Sodm 1081.25 Mg Carb 88.98 G Fiber 8.0 G Prtn 31.00 G Iron 4.22 Mg Calc 505.51 Mg Vit A 34.98 RE Vit C 30.06 Mg</p>

Account Balance: Please access your account on-line at www.Germantownschoools.org. Make checks payable to: Germantown Food & Nutrition and include your child's name on your payment.