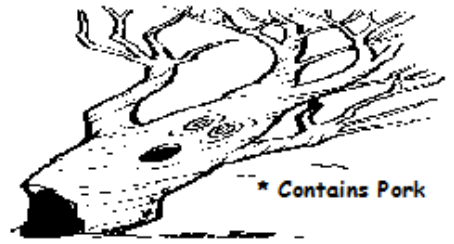




KMS MENU




October 2017



This institution is an equal opportunity provider.

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

* Contains Pork

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Mozzarella Sticks or Mandarin Orange Chicken or Warm Ham* & Cheese Sandwich Fresh Garden Bar Seasoned Green Beans Pineapple Tidbits Fortune Cookie	3 Tyson Wings of Fire w/Dinner Roll or Double Cheeseburger or Chicken Enchilada Fresh Garden Bar Savory Corn Bag of Frito Chips Seasonal Fresh Fruit	4 Baked Potato Bar w/Dinner Roll or Soft Shell Taco or 2 Pizza Dippers or Oven Roasted Chicken-on-the-Bone w/Dinner Roll Garden Bar, Cheesy Refried Beans, Crisp Apple & Blue & Gold Jello Cubes	5 Chicken Nuggets or Turkey & Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll California Blend Vegetables Assorted Juice Cup	6 Macaroni & Cheese or Crispy Popcorn Chicken or Potato Crusted Fish Wedges Sweet Potato Fries Fresh Garden Bar Chilled Pears Assorted Sorbet	Cal 667 T.Fat 20.33 G S.Fat 6.5 G Chol 66.6 Mg Sodm 1112.38 Mg Carb 86.74 G Fiber 9.7 G Prtn 34.90 G Iron 4.91 Mg Calc 568.28 Mg Vit A 29.50 RE Vit C 40.41 Mg
9 Regular or Spicy Chicken Tenders or Sloppy Joe Sandwich or Big Daddy Buffalo Chicken Pizza Baked French Fries Fresh Garden Bar Seasoned Green Beans Blue Raspberry Cherry Swirl Shape Up	10 Beefy Nachos or Chicken Fajita or Mini Corn Dogs Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Ice Cream Sandwich 	11 Sub Sandwich Bar (Ham* or Italian*) or Tony's Cheese & Sausage Pizza or Gyro Sandwich or Breaded Chicken Filet Sandwich Garden Bar, Sweet Potato Tots, Assorted Juice Cup	12 Chicken Nuggets or Roasted Pork* w/Gravy or Philly Steak Sandwich Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Crisp Apple	13 Big Daddy 4 Meat* or Cheese Pizza or 2 BBQ Roasted Chicken Drumstick w/Mini Pretzel Bites or BBQ Pulled Pork* on a Pretzel Roll Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits	Cal 697 T.Fat 22.84 G S.Fat 6.9 G Chol 67.9 Mg Sodm 1178.96 Mg Carb 90.22 G Fiber 8.6 G Prtn 32.96 G Iron 4.95 Mg Calc 515.87 Mg Vit A 33.91 RE Vit C 45.75 Mg
16 Bacon Cheeseburger or BBQ Chicken Wings w/Dinner Roll or Cheese Quesadilla Crispy Potato Wedges Fresh Garden Bar Vegetarian Baked Beans Sliced Peaches	17 Italian Spaghetti w/Meat Sauce & Garlic Bread or 2 Hot Dogs or Chili Dogs* or WG Chicken Egg Roll Fresh Garden Bar Seasoned Broccoli Strawberry Banana Johnny Pop Smoothy Bar	18 Burrito Bowl or Wrap w/Dinner Roll or Warm Beef & Cheese Sandwich or Cinnamon French Toast 2 Breakfast Sausages* or Reg. or Spicy Chicken Patty Sandwich Garden Bar, Mandarin Oranges & Choc. Cupcake	19 Bosco Sticks or Chicken Enchilada or Mini Cheese Ravioli Fresh Garden Bar Chilled Melon Wedge Mini Powdered Sugar Donuts	20 NO SCHOOL! TEACHER IN-SERVICE 	Cal 675 T.Fat 20.74 G S.Fat 7.4 G Chol 66.6 Mg Sodm 1138.91 Mg Carb 90.38 G Fiber 9.9 G Prtn 34.08 G Iron 5.80 Mg Calc 592.77 Mg Vit A 34.69 RE Vit C 34.84 Mg
23 Mozzarella Sticks or G-Town Sandwich or BBQ Pork Rib* Sandwich Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Orange Swirl Ice Cream Cup	24 Crispy Popcorn Chicken or Meatballs w/Gravy or Breaded Pork Chop* Mashed Potatoes Fresh Garden Bar Soft Baked Pretzel Rod Chilled Pears Rice Krispie Treat	25 Sub Sandwich Bar (Ham or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sand. or Warhawk Burger w/Cheese Garden Bar, California Blend Vegetables, Peaches & Bag of Chips	26 Chicken Alfredo w/Garlic Bread or Soft Shell Taco or Chicken Patty Sandwich Fresh Garden Bar Seasoned Green Beans Chilled Applesauce Assorted Sorbet	27 Big Daddy 4 Meat* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Seasonal Fresh Fruit Assorted Juice Cup	Cal 697 T.Fat 20.08 G S.Fat 6.7 G Chol 54.6 Mg Sodm 1189.03 Mg Carb 96.95 G Fiber 11.2 G Prtn 33.27 G Iron 4.43 Mg Calc 589.85 Mg Vit A 37.70 RE Vit C 31.88 Mg
30 Regular or Spicy Chicken Tenders or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Crispy Mini Tri-Taters Fresh Garden Bar Pineapple Tidbits	31 General TSO Chicken or Bosco Sticks or Mini Corn Dogs Seasoned Curly Fries Fresh Garden Bar Vegetarian Baked Beans Assorted Sorbet			KMS Lunch Prices: \$2.75 Daily \$3.50 Adult Daily Lunch \$.35 Milk Milk is included with each student meal.	Cal 688 T.Fat 20.88 G S.Fat 6.3 G Chol 47.2 Mg Sodm 1204.65 Mg Carb 94.88 G Fiber 9.2 G Prtn 28.62 G Iron 3.82 Mg Calc 517.38 Mg Vit A 37.73 RE Vit C 47.58 Mg

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.