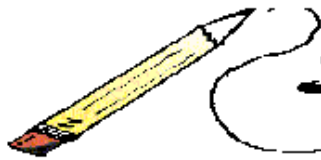




KMS MENU

September 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
28 Crispy Popcom Chicken or Mini Corn Dogs or Big Daddy Buffalo Chicken Pizza Baked French Fries Fresh Garden Bar Seasoned Green Beans Blue Raspberry Cherry Swirl Shape Up LABOR DAY	29 Beefy Nachos or Chicken Fajita or Macaroni & Cheese Fresh Garden Bar Cheesy Refried Beans Crisp Red Grapes Ice Cream Sandwich	30 Stuffed Crust Cheese Pizza or Double Cheeseburger or Gyro Sandwich or Breaded Chicken Filet Sandwich Fresh Garden Bar, Sweet Potato Tots, Steamed Peas, Juice Cup & Bag of Kettle Style Popcorn	31 Chicken Nuggets or Turkey & Gravy or Philly Steak Sandwich Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Savory Corn Chilled Watermelon Wedge	1 Big Daddy 4 Meat* or Cheese Pizza or Bosco Sticks or BBQ Pulled Pork* on a Pretzel Roll Fresh Garden Bar Sweet Carrot Coins Pineapple Tidbits	Cal 894 T.Fat 20.61 G S.Fat 6.7 G Chol 60.0 Mg Sodm 1181.40 Mg Carb 94.05 G Fiber 9.2 G Prtn 34.46 G Iron 5.57 Mg Calc 584.84 Mg Vit A 33.77 RE Vit C 29.87 Mg
4 No School <u>KMS Lunch Prices:</u> \$2.75 Daily \$3.50 Adult Daily Lunch \$.35 Milk <i>Milk is included with each student meal.</i>	5 Variety Homemade Pizza* or 2 Hot Dogs* or Chili Dogs* or WG Chicken Egg Roll Tater Gems Fresh Garden Bar Vegetarian Baked Beans Strawberry Banana Johnny Pop Smoothy Bar	6 Baked Potato Bar w/Dinner Roll or Warm Beef & Cheese Sandwich or French Toast w/2 Breakfast Sausages* or Sweet & Sour Chicken Fresh Garden Bar Mandarin Oranges Fortune Cookie	7 Chicken Enchilada or Mini Cheese Ravioli or Mozzarella Sticks Fresh Garden Bar Garlic Bread Seasoned Broccoli Chilled Melon Wedges Mini Powdered Sugar Donuts	8 Bacon Cheeseburger or Chicken Tenders or Crunchy Fish Sticks Baked French Fries Fresh Garden Bar Creamy Cole Slaw Chilled Strawberries & Blueberries Rainbow Jello Cubes	Cal 691 T.Fat 22.26 G S.Fat 7.0 G Chol 62.1 Mg Sodm 1161.23 Mg Carb 91.15 G Fiber 8.4 G Prtn 32.50 G Iron 4.26 Mg Calc 505.41 Mg Vit A 31.54 RE Vit C 39.72 Mg
11 Chicken Nuggets or G-Town Sandwich or BBQ Pork Rib* Sandwich Fresh Garden Bar Vegetarian Baked Beans Seasonal Fresh Fruit Rice Krispie Treat	12 Crispy Popcom Chicken or Meatballs w/Gravy or Breaded Pork Chop* Mashed Potatoes Fresh Garden Bar Soft Baked Pretzel Rod Savory Corn Chilled Pears	13 Sub Sandwich Bar (Ham or Turkey) or Cheesy Cheese Pizza or Chicken Parmesan Sandwich or Bacon Cheeseburger California Blend Vegetables Sliced Peaches Scooby-Doo Graham Crackers	14 Chicken Alfredo w/Garlic Bread or 2 Hard Shell or 1 Soft Shell Taco or Chicken Patty Sandwich Fresh Garden Bar Steamed Peas Chilled Applesauce Vanilla Ice Cream Cup	15 Big Daddy 4 Meat Pizza* or Cheese Pizza or Large Corn Dog or Grilled Cheese Sandwich Baked Spudster Potatoes Fresh Garden Bar Assorted Juice Cup Seasonal Fresh Fruit  STRAWBERRY MILK DAY! 	Cal 671 T.Fat 19.24 G S.Fat 6.3 G Chol 57.9 Mg Sodm 1189.72 Mg Carb 92.55 G Fiber 10.4 G Prtn 33.69 G Iron 4.44 Mg Calc 550.80 Mg Vit A 36.16 RE Vit C 27.59 Mg
18 Mandarin Orange Chicken or Dutch Waffle w/2 Breakfast Sausages* or Warm Beef & Cheese Sandwich Crispy Mini Tri-Taters Fresh Garden Bar Pineapple Tidbits	19 Bosco Sticks or Mini Corn Dogs or Warm Pork Carnita* Flatbread Sandwich Seasoned Curly Fries Fresh Garden Bar Vegetarian Baked Beans Assorted Sorbet	20 Mexican Bar or Double Cheeseburger or Stuffed Crust Cheese Pizza or BBQ Chicken-on-the-Bone W/Dinner Roll Crispy Potato Wedges Fresh Garden Bar Mandarin Oranges	21 Chicken Nuggets or Roasted Pork* w/Gravy or 2 Salisbury Steak Mashed Potatoes Fresh Garden Bar Large Cinnamon Roll Sweet Carrot Coins Seasonal Fresh Fruit	22 Sloppy Joe Sandwich or Variety Homemade Pizza* or Regular or Spicy Chicken Tenders or Fish Sandwich w/Cheese Fresh Garden Bar Seasoned Broccoli Sliced Peaches Ice Cream Sandwich	Cal 694 T.Fat 19.34 G S.Fat 6.4 G Chol 54.8 Mg Sodm 1157.99 Mg Carb 98.36 G Fiber 9.0 G Prtn 32.17 G Iron 4.98 Mg Calc 494.04 Mg Vit A 32.06 RE Vit C 40.26 Mg
25 Warhawk Burger w/Cheese or Crispy Popcom Chicken or 2 Hot Dogs* Crispy Potato Wedges Fresh Garden Bar Country Blend Vegetables Fresh Apple Wedges Chocolate Chip Cookie	26 Crunchy Chicken Drumsticks NEW ITEM! w/Mini Pretzel Bites or Cinnamon French Toast w/2 Cheese Omelets or BBQ Pulled Pork* Sandwich Fresh Garden Bar, Crispy Tri Tater & Warm Cinnamon	27 Sub Sandwich Bar (Ham or Salami) or NEW ITEM! Wild Mike's Cheese Pizza or Large Corn Dog or Cook's Choice Steamed Broccoli w/Cheese Sliced Peaches	28 Italian Spaghetti w/Meat Sauce or Chicken Fajita or Regular or Spicy Chicken Tenders Fresh Garden Bar Savory Corn Seasonal Fresh Fruit Bag of Kettle Style Popcorn	29 Big Daddy 4 Meat Pizza* or Cheese Pizza or Beefy Nachos or Cheese Quesadilla Sweet Potato Fries Fresh Garden Bar Cheesy Refried Beans Sour Orange or Lemon Raisels	Cal 698 T.Fat 21.21 G S.Fat 7.0 G Chol 73.9 Mg Sodm 1064.18 Mg Carb 98.20 G Fiber 9.6 G Prtn 31.93 G Iron 4.49 Mg Calc 546.37 Mg Vit A 41.27 RE Vit C 27.42 Mg

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