











2019

January

KMS

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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>If school is closed due to the weather, the menu for that day will be served the day school resumes.</p> <p>* Contains Pork</p> <p><u>Account Balance:</u> 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</p> 		<p>2 Burrito Bowl or Wrap w/Dinner Roll or Stuffed Crust Cheese Pizza or Meatball Hoagie or Chicken Tenders Wrap Potato Wedges, Carrot Coins, Applesauce & Chocolate Chip Cookie</p>	<p>3 Spaghetti w/Meat Sauce & Parmesan Cheese or Mini Corn Dogs or Bosco Sticks Garlic Bread Seasoned Mixed Vegetable Assorted Juice Cup</p> 	<p>4 Variety of Homemade Pizza* or Chicken Tenders or Sloppy Joe Sandwich Baked French Fries Chilled Peaches Ice Cream Sandwich</p> 	<p>Cal 690 T.Fat 21.22 G S.Fat 7.1 G Chol 52.7 Mg Sodm 1018.70 Mg Carb 93.88 G Fiber 8.2 G Prtn 32.29 G Iron 4.46 Mg Calc 450.53 Mg Vit A 35.92 RE Vit C 20.99 Mg</p>
<p>7 Popcorn Chicken or Hot Dog* or Chili Dog* or Chicken Fajita Savory Potato Wedges Vegetarian Baked Beans Chilled Peaches</p> 	<p>8 General TSO Chicken or Cinnamon French Toast w/Cheese Omelet or Pork* Carnita Flatbread Sandwich Steamed Peas Warm Cinnamon Apples</p>	<p>9 Soup Bar (Chicken Dumpling, Cheesy Broccoli or Chili) w/Bosco Stick or Chicken Tenders or Mini Cheese Ravioli or Philly Steak Sandwich Carrot Coins, Dinner Roll, Fresh Fruit & Sugar Cookie</p>	<p>10 Chicken Nuggets w/Dinner Roll or 2 Salisbury Steak w/Dinner Roll or Cheeseburger Mashed Potatoes California Blend Vegetables Fresh Banana</p>	<p>11 Assorted Big Daddy Pizza* or Breaded Chicken Filet Sandwich or Large Corn Dog Crispy Baked Onion Rings Steamed Broccoli w/Cheese Assorted Juice Cup</p>	<p>Cal 688 T.Fat 19.62 G S.Fat 6.3 G Chol 75.1 Mg Sodm 1112.78 Mg Carb 93.49 G Fiber 8.7 G Prtn 34.12 G Iron 4.29 Mg Calc 497.85 Mg Vit A 35.98 RE Vit C 36.23 Mg</p>
<p>14 Popcorn Chicken or Mozzarella Sticks or Warm Ham* & Cheese on a Sub Bun Seasoned Green Beans Pineapple Tidbits</p>	<p>15 Soft Shell Taco or Rib-B-Que* Sandwich or Big Daddy Buffalo Chicken Pizza Dinner Roll Cheesy Refried Beans Applesauce Cup Strawberry Ice Cream Cup</p>	<p>16  Domino's Cheese or Pepperoni Pizza or Chicken Filet Sandwich or Cook's Choice Carrots & Celery, Sour Raisels & Double Chocolate Chip Cookie</p>	<p>17 Spaghetti w/Meat Sauce & Parmesan Cheese or Spicy Chicken Tenders or Double Hamburger Breadstick Savory Corn Assorted Juice Cup Chocolate Cupcake</p> 	<p>18 Assorted Big Daddy Pizza* or Potato Crusted Fish Wedges or Macaroni & Cheese Roasted Baby Potatoes Creamy Cole Slaw Fresh Banana</p>	<p>Cal 689 T.Fat 20.81 G S.Fat 7.4 G Chol 67.4 Mg Sodm 1053.44 Mg Carb 90.27 G Fiber 7.9 G Prtn 32.47 G Iron 28.93 Mg Calc 570.88 Mg Vit A 38.58 RE Vit C 19.55 Mg</p>
<p>21 Mandarin Orange Chicken or Mini Corn Dogs or Sloppy Joe Sandwich Seasoned Broccoli Mandarin Oranges Fortune Cookie</p>	<p>22 Chicken Tenders or Grilled Cheese Sandwich or Chicken Alfredo w/Breadstick Tomato Soup Pineapple Tidbits 100% Fruit Sherbet Cup</p> 	<p>23 Sub Sandwich Bar (Ham* or Turkey) or Stuffed Crust Cheese Pizza or Cheeseburger or Breaded Chicken Filet Sandwich Steamed Peas Chilled Peaches Bag of Chips</p>	<p>24 Popcorn Chicken or Turkey & Gravy or Warm Ham* & Cheese on a Pretzel Bun Mashed Potatoes Savory Corn Applesauce Cup Fresh Baked Cinnamon Roll</p>	<p>25 NO SCHOOL TEACHER IN-SERVICE</p> 	<p>Cal 672 T.Fat 16.17 G S.Fat 4.9 G Chol 61.9 Mg Sodm 1138.36 Mg Carb 97.44 G Fiber 7.6 G Prtn 34.70 G Iron 3.44 Mg Calc 475.14 Mg Vit A 33.85 RE Vit C 33.27 Mg</p>
<p>28 BBQ Chicken Wings w/Soft Baked Pretzel Rod or Big Daddy Buffalo Chicken Pizza or Cheese Quesadilla Savory Potato Wedges Vegetarian Baked Beans Assorted Juice Cup Rice Krispie Treat</p>	<p>29 Beefy Nachos or Chicken Enchilada or Chicken Tenders Wrap Cheesy Refried Beans Chilled Peaches Assorted Juice Cup</p> 	<p>30 Sub Sandwich Bar (Ham* or Salami*) or Cinnamon French Toast w/Breakfast Sausages* or Wild Mike's Cheese Pizza or Chicken Tenders Mini Tri-Taters Seasoned Green Beans Chilled Peaches</p>	<p>31 Spaghetti w/Meat Sauce, Parmesan Cheese & Garlic Bread or Hot Dog* or Chili Dog* or Philly Steak Sandwich Seasoned Green Beans Cinnamon Applesauce</p> 	<p>Decorative snowflakes</p> <p>KMS Lunch Prices: \$2.75 Daily \$3.75 Adult Daily Lunch \$.35 Milk</p> <p><i>Milk is included with each student meal.</i></p>	<p>Cal 672 T.Fat 20.73 G S.Fat 7.2 G Chol 61.8 Mg Sodm 1076.62 Mg Carb 90.14 G Fiber 8.0 G Prtn 32.68 G Iron 3.88 Mg Calc 511.40 Mg Vit A 37.67 RE Vit C 17.15 Mg</p>