











KMS

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May 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<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>Director of Food and Nutrition: Shelley Juedes - 262-253-3419</p>	<p>* Contains Pork</p> 	<p>1</p> <p>French Bread Cheese Pizza or Chicken Nuggets or Cinnamon French Toast w/2 Breakfast Sausages* or Cook's Choice Sweet Carrot Coins Dinner Roll Seasonal Fresh Fruit Sugar Cookie</p>	<p>2</p> <p>Spaghetti w/Meat Sauce, Parmesan Cheese & Garlic Bread or Hot Dog* or Chili Dog* Seasoned Green Beans Cinnamon Applesauce</p> 	<p>3</p> <p>Big Daddy Pizza* or Soft Shell Taco or Spicy or Regular Chicken Patty Sandwich Baked French Fries Seasonal Fresh Fruit Pineapple Horchata Slushy</p>	<p>Cal 684 T.Fat 20.18 G S.Fat 6.8 G Chol 68.9 Mg Sodm 1029.17 Mg Carb 94.98 G Fiber 8.5 G Prtn 33.08 G Iron 4.89 Mg Calc 566.29 Mg Vit A 38.99 RE Vit C 42.47 Mg</p>
<p>6</p> <p>Mandarin Orange Chicken or Bosco Sticks Seasoned Broccoli Pineapple Tidbits Fortune Cookie</p> 	<p>7</p> <p>Beefy Nachos or Macaroni & Cheese or Chicken Tenders Cheesy Refried Beans Crisp Apple Assorted Sorbet</p>	<p>8</p> <p>Baked Potato Bar or Bacon* Cheeseburger or Large Corn Dog or Stuffed Crust Cheese Pizza Vegetarian Baked Beans Assorted Juice Cup</p>	<p>9</p> <p>Popcorn Chicken or Turkey & Gravy in a WG Bread Bowl or Meatballs w/Gravy Fresh Baked Cinnamon Roll Savory Corn Chilled Pears</p>	<p>10</p> <p>Big Daddy Pizza* or Chicken Nuggets or Grilled Cheese Sandwich Baked Spudster Potatoes Tomato Soup Assorted Juice Cup</p> 	<p>Cal 618 T.Fat 15.94 G S.Fat 5.2 G Chol 59.9 Mg Sodm 1025.52 Mg Carb 89.55 G Fiber 6.8 G Prtn 34.48 G Iron 3.20 Mg Calc 485.93 Mg Vit A 35.52 RE Vit C 24.40 Mg</p>
<p>13</p> <p>Pizza Dippers or Chicken Patty Sandwich or BBQ Pork Rib* Sandwich Sweet Potato Fries Warm Cinnamon Apples Ice Cream Cup</p>	<p>14</p> <p>Popcorn Chicken or Cheese Ravioli Seasoned Curly Fries Garlic Bread Steamed Peas Applesauce Cup</p> 	<p>15</p> <p>Sub Sandwich Bar (Ham* or Turkey) or Stuffed Crust Cheese Pizza or Large Corn Dog or Breaded Chicken Filet Sandwich Savory Potato Wedges Sweet Carrot Coins Chilled Strawberries Chocolate Chip Cookie</p>	<p>16</p> <p>Chicken Nuggets w/Dinner Roll or 2 Salisbury Steak w/Dinner Roll or Cheeseburger Mashed Potatoes California Blend Vegetables Fresh Banana</p>	<p>17</p> <p>Big Daddy Pizza* or Sloppy Joe Sandwich or Cook's Choice Baked French Fries Chilled Peaches Ice Cream Sandwich</p>	<p>Cal 676 T.Fat 18.46 G S.Fat 5.7 G Chol 54.7 Mg Sodm 1128.30 Mg Carb 96.53 G Fiber 8.3 G Prtn 32.13 G Iron 3.84 Mg Calc 475.52 Mg Vit A 39.01 RE Vit C 14.58 Mg</p>
<p>20</p> <p>Popcorn Chicken or Hot Dog* or Chili Dog* or Chicken Fajita Savory Potato Wedges Vegetarian Baked Beans Chilled Pears</p> 	<p>21</p> <p>General TSO Chicken or Bosco Sticks or Cook's Choice Savory Corn Applesauce Cup</p>	<p>22</p> <p>Domino's Cheese or Pepperoni* Pizza or Chicken Tenders Seasoned Green Beans Chilled Peaches</p>	<p>23</p> <p>Mini Corn Dogs or Mozzarella Sticks Garlic Bread Seasoned Mixed Vegetable Assorted Juice Cup</p>	<p>24</p> <p>Big Daddy Pizza* or Breaded Chicken-on-the-Bone or Cook's Choice Crispy Baked Onion Rings Steamed Broccoli w/Cheese Assorted Juice Cup</p>	<p>Cal 560 T.Fat 16.09 G S.Fat 5.5 G Chol 55.3 Mg Sodm 888.95 Mg Carb 74.88 G Fiber 5.5 G Prtn 31.37 G Iron 2.82 Mg Calc 509.91 Mg Vit A 34.39 RE Vit C 16.14 Mg</p>
<p>27</p> <p>MEMORIAL DAY NO SCHOOL</p> 	<p>28</p> <p>Stuffed Crust Cheese Pizza or Cook's Choice or 2 WG Chicken Egg Rolls or Mini Cheese Ravioli Garlic Bread Applesauce Cup</p>	<p>29</p> <p>Sub Sandwich Bar (Ham* or Salami*) or Assorted Pizza or Macaroni & Cheese or Breaded Chicken Filet Sandwich Sweet Carrot Coins 100% Fruit Sherbet Cup</p>	<p>30</p> <p>Chicken Tenders or Turkey & Gravy or Double Cheeseburger Savory Corn Assorted Juice Cup Fresh Baked Cinnamon Roll</p> 	<p>31</p> <p>Big Daddy Pizza* or Cook's Choice or Brat in a Bun or Chicken Patty Sandwich Deli Roasted Potatoes Creamy Cole Slaw Fresh Banana Double Chocolate Chip Cookie</p>	<p>Cal 678 T.Fat 19.35 G S.Fat 6.8 G Chol 59.2 Mg Sodm 1130.12 Mg Carb 93.67 G Fiber 7.5 G Prtn 36.23 G Iron 35.28 Mg Calc 519.05 Mg Vit A 38.43 RE Vit C 21.13 Mg</p>

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