

August 31 - September 04	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 		WG Cereal Raisins - GF, FF 1 % Milk	WG Toast w/ Jelly Peaches GF 1 % Milk	Scambled Eggs FF, GF Hashbrowns FF, GF 1 % Milk	HM WG French Toast Applesauce - GF 1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	KCC Closed for Teacher In-Service Day	Roast Beef Roll Pears - GF Pork N Beans - GF 1 % Milk	Kielbasa Saltines Apples - FF, GF Brussel Sprouts - FF, GF 1 % Milk	Chicken Casserole (Noodles) Mandarin Oranges - GF Corn 1 % Milk	Cheese Ravioli (Ravioli) Melon - FF, GF Green & Red Leaf Salad 1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit • Meat or meat alternate 		WG Flat Bread and Herbs Black Olives - FF, GF	WG Chex Mix Oranges - FF, GF	WG Graham Crackers Bananas - FF, GF	Ranch Oyster Crackers Cheese Cubes

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.



Abbreviations and symbols:

FF = Fresh or frozen
 HM = Homemade

WG = Whole Grain
 GF = Gluten Free

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

September 07 -11	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p><i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 		<p>WG Oatmeal</p> <p>Craisins - FF, GF</p> <p>1 % Milk</p>	<p>Cereal</p> <p>Blueberries - FF, GF</p> <p>1 % Milk</p>	<p>HM Blueberry Muffins - FF</p> <p>Apples - FF, GF</p> <p>1 % Milk</p>	<p>HM Sausage & Gravy over Biscuits</p> <p>Peaches - GF</p> <p>1 % Milk</p>
<p>Lunch</p> <p><i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	<p>KCC Closed for Labor Day!</p>	<p>Alaskan Baked Cod Sticks</p> <p>Saltines</p> <p>Pineapple - FF</p> <p>Broccoli - FF, GF</p> <p>1 % Milk</p>	<p>Ham</p> <p>WG Roll</p> <p>Carrots - FF, GF</p> <p>Mashed Potatoes - FF, GF</p> <p>1 % Milk</p>	<p>(Cheese)</p> <p>WG Grilled Cheese</p> <p>Oranges - FF, GF</p> <p>Tomato Soup - GF</p> <p>1 % Milk</p>	<p>HM Chicken Rice Casserole</p> <p>(WG Brown Rice)</p> <p>Grapes - FF, GF</p> <p>Beets - GF</p> <p>1 % Milk</p>
<p>Snack</p> <p><i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit • Meat or meat alternate 		<p>Goldfish</p> <p>Raisins - FF, GF</p>	<p>Cheez-Its</p> <p>Strawberries - FF, GF</p>	<p>Pretzels</p> <p>Cheese - FF, GF</p>	<p>Saltines</p> <p>Sausage</p>

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September 14 - 18	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> • Grain/Meat or meat Alternate • Fruit or vegetable • Milk 	WG Cereal Bananas - FF, GF 1 % Milk	HM Pancakes Strawberries - FF, GF 1 % Milk	WG Toast w/ jelly Grapes - FF, GF 1 % Milk	Cubed Ham Home Fries - FF, GF 1 % Milk	HM Banana Bread Apples - FF, GF 1 % Milk
Lunch <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> • Meat or meat alternate • Grain • Fruit or vegetable • Vegetable • Milk 	HM Turkey Casserole (Noodles) Peaches - GF Sweet Potatoes 1 % Milk	Beef Roast Roll Applesauce - GF Potatoes - GF 1 % Milk	National Cheeseburger Day Cheeseburgers (WG Bun) Oranges - FF, GF Broccoli - FF, GF 1 % Milk	Cowboy Stew (ground beef) Oyster Crackers Pears - GF (Beans & Kidney Beans - GF) - FF, GF 1 % Milk	Cheese Sandwich WG Bread Melon FF, GF Pickles 1 % Milk
Snack <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> • Milk • Grain • Vegetable • Fruit • Meat or meat alternate 	Ritz Cucumbers	Cheez-Its Craisins - FF, GF	WG Granola Yogurt - FF, GF	WG Cocoa Muffins Applesauce GF	Pita bread HM Hummus

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September 21 - 25	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Must include one serving of each of these three items: <ul style="list-style-type: none"> Grain/Meat or meat Alternate Fruit or vegetable Milk 	English Muffins Peaches - GF 1 % Milk	HM WG Waffles Fruit Cocktail - GF 1 % Milk	Bagels w/Cream cheese Oranges - FF, GF 1 % Milk	WG Cream of Wheat Raisins - GF 1 % Milk	WG Cereal Pears - GF 1 % Milk
Lunch Must include one serving of each of these five items: <ul style="list-style-type: none"> Meat or meat alternate Grain Fruit or vegetable Vegetable Milk 	Ham Sandwich WG Bread Grapes - FF, GF Peas - FF, GF 1 % Milk	Potatoe Soup w/ Cheese Roll Apples - FF, GF (Potatoes) & Corn - FF, GF 1 % Milk	HM Spinach & Cheese Piz-za (English Muffin) Strawberries - FF, GF Mixed Vegetables - FF, GF 1 % Milk	HM Chicken & Stuffing Bake (WG Stuffing) Applesauce GF Broccoli - FF, GF 1 % Milk	HM Turkey Quesadillas (Tortilla) Mandarin Oranges - GF Green Beans - FF, GF 1 % Milk
Snack Must include one serving of two items in the following list: <ul style="list-style-type: none"> Milk Grain Vegetable Fruit Meat or meat alternate 	Pretzels Carrots	Graham Crackers Strawberries - FF, GF	Snap peas Cheese - FF, GF	Animal Crackers Melon - FF, GF	Goldfish Juice

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