



Kewaskum Community Schools

The Kewaskum Community Schools ignite a passion for learning.

August 30, 2011

Dear Parents,

We are happy to provide you with new lunch options from the Nutrition Services Department.

So, What's New?

This year, at every school, we will be offering a variety of different "Entrée Choices" every day.

Students can then complete their meal with their choice of "sides" from the Nutrition Bar and a Milk (Skim, 1%, and Non Fat Chocolate).

What is the Nutrition Bar?

The "Nutrition Bar" has a variety of Fruits and Veggies which rotates daily.

Our Offerings...

Elementary School: Every day we will be offering the following Entree Choices–

1. A **Rotating Menu Entrée** option- ie: Thursday 9/1 is "Hot Dog on a Bun"
2. A **Newton Meal**, which consists of: String Cheese, Muffin or bagel, and 2 sides from Nutrition Bar, & Choice of Milk.
3. A **PB&J Crunch Wrap**-A tortilla with PB&J and Crispy Rice Cereal. Served with 2 sides from Nutrition Bar, and Choice of Milk.

Middle School: Every day we will be offering the following Entree Choices–

1. A **Rotating Menu Entrée** option- ie: Thursday 9/1 is "Hot Dog on a Bun"
2. A **Daily "Special"**-Monday-Chef Salad, Tuesdays-Turkey Ranch Wrap, Wednesday-Hot Dog on a Bun, Thursdays-Mandarin Chix Salad, Friday-Tuna Salad in a Pita. The Daily Special includes 2 sides from the Nutrition Bar and a choice of Milk to make a meal!
3. **Grille Entrees** served Daily include: Hamburger, Cheeseburger, and Chicken Patty. The grille entrees are served with 2 sides and a milk to make a meal!
4. **Bravo Entrees:** Assorted **Pizza** Slices served with 2 sides and a Milk to make a meal!
5. **Fresh Takes Entrees**-Pre-made **Subs, Wraps, and Salads**-served with 2 sides from Nutrition Bar and Milk to make a meal!

In addition to the meals, we will be offering Healthy A La Carte Snacks such as:

- **Granola Bars**
- **Baked Chips**
- **Trail Mix**
- **Fresh Fruit**
- **Yogurt**
- **Assorted Cold Beverages: Switch, Bottled Water, and Apple & Eve 100% Juice**
- **Etc**

Please check the A La Carte Menu on the Kewaskum Schools Web Site for additional information.

If you do not wish your child to be allowed to take A La Carte-please sign the form at Open House or call Terri Miller at: 262.626.8427 x4118.

High School: Every day we will be offering the following Entree Choices–

1. A **Rotating Menu Entrée** option-ie: Thursday 9/1 is “Hot Dog on a Bun”
2. A **Daily “World Flavors Bar”**-ie: Monday-Patty’s Burger Bar. Includes 2 sides from the Nutrition Bar and a choice of Milk to make a meal!
3. **Grille Entrees** served Daily include: Hamburger, Cheeseburger, and Chicken Patty. The grille entrees are served with 2 sides and a milk to make a meal!
4. **The Deli-Made to Order Wraps, Subs, and Sandwiches.** Includes 2 sides from the Nutrition Bar and a choice of Milk to make a meal!
5. **Bravo Entrees:** Assorted **Pizza** Slices served with 2 sides and a Milk to make a meal!
6. **Fresh Takes Entrees-Pre-made Subs, Wraps, and Salads**-served with 2 sides from Nutrition Bar and Milk to make a meal!

In addition to the meals, we will be offering Healthy A La Carte Snacks such as:

- **Granola Bars**
- **Baked Chips**
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For more information, check out our Menus located on the KSD Web Site!

Eat and be Healthy!!!

Nutrition Services

email us at: aviands@ksd.k12.wi.us