

September 2017

Kewaskum School District Elementary Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

MENU KEY: 1
V = Vegetarian
WG = Whole Grain
N = Contains Nuts
TN = Contains Tree Nuts
PTN = Produced in Plant Containing Nuts/Tree Nuts

Lunch Prices

Student Paid: \$2.50
 Reduced: \$.40
 A La Carte Milk: \$.35
 Adult Lunch: \$3.45

Cost per week: \$12.50
 Cost per month (20days): \$50.00

Parents, please make checks payable to Child Nutrition. Bring checks to school office or mail to:

Child Nutrition c/o Kewaskum High School
 1510 Bilgo Lane
 Kewaskum, WI 53040

If your account should fall below \$10.00 you will receive a notice or a payment envelope.

Each student/staff member is issued a 4 - digit PIN/I.D. number which corresponds with their lunch

A variety of milk (1% and Fat Free Chocolate) is offered at each meal.

*Menu is subject to change

School News

September's
Harvest of the Month
 Kohlrabi

Find Recipes at Geidels Piggly Wiggly and on our School Website under Nutrition Services
 Brought to you by Nutrition Services, Wellspring, and Geidels Piggly

Any questions or concerns about the Nutrition Services Program: Please contact Terri Miller at (262)626-3105 ext 4118 or TMiller@kewaskumschools.org

This Institution is an Equal Opportunity Provider

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Labor Day

5

**Cheeseburger^{WG}
Potato Smiles**

Romaine Lettuce
 Fresh Apple Slices
 Treat - Choc Chip Cookie^{PTN}
 2nd Choice - Pizza Bites +
 Marinara Sauce

6

**Spaghetti^{WG} +
Meat Sauce
Seasoned Peas**

Baby Carrots
 Diced Peas
 2nd Choice - Turkey Chef
 Salad w/ Chex Mix

7

**Breaded Chicken
Sandwich^{WG}
French Fries**

Fresh Broccoli
 Orange Smiles
 2nd Choice - Ravioli +
 Garlic Bread

8

**Cheese
Pizza^{V WG}
X-Ray Carrots**

Fresh Sugar Snap Peas
 Strawberries
 2nd Choice -
 Yogurt + Bagel^V

11

**Soft Shell Taco
Taco Meat/Refried Beans^V
w/ All the Fixin's
Buttered Corn
Grape Tomatoes
Pineapple Tidbits
2nd Choice - Grilled Cheese
+ Tomato Soup**

12

**Pepperoni Pizza^{WG}
Glazed Carrots**

Cucumber Slices
 Rosy Applesauce
 Treat - Ice Cream Cup^{PTN}
 2nd Choice -
 PB+J^N w/ String Cheese

13

**Diced Turkey + Gravy
Mashed Potatoes
Steamed Green Beans
WG Dinner Roll^{WG}**

Craisins
 2nd Choice -
 Bratwurst

14

**Ham Sub^{WG}
Baked Beans**

Sun Chips
 Strawberry Spinach Salad
 Diced Peaches
 2nd Choice -
 Pizza Sticks^V

15

**Cheese Omelet^V
WG Pancakes^{WG}
Mini Tri Tator**

Kohlrabi Sticks
 Apple Juice
 2nd Choice - Grilled
 Chicken Sandwich

18

**Crispy Chicken Bowl
(Chicken Nuggets + Mashed
Potatoes w/ Gravy)
Buttered corn
WG Dinner Roll^{WG}**

Fresh Apple Slices
 2nd Choice -
 Hot Dog

19

**Mini Corn Dogs^{WG}
Baked Beans
Sweet Potato Fries**

Diced Peas
 Treat - Brownie
 2nd Choice -
 Chicken Ranch Wrap^{WG}

20

**BBQ Rib Fingers
French Fries
Steamed Green Beans
WG Dinner Roll^{WG}**

Kohlrabi Sticks
 Orange Smiles
 2nd Choice -
 Cheese Pizza^V

21

**Cheeseburger^{WG}
Seasoned Peas**

Romaine Lettuce
 Mandarin Oranges
 2nd Choice - Mini Pancakes
 + Sausage Patty

22

**Bosco Sticks^{WG}
Marinara Sauce
Broccoli w/ Cheese Sauce**

Baby Carrots
 Fruit Cocktail
 2nd Choice - Ham Chef
 Salad w/ Chex Mix

25

**Stuffed Crust
Pizza
Seasoned Peas**

Romaine Lettuce
 Rosy Applesauce
 2nd Choice -
 Turkey Sub

26

**Nachos
Taco Meat/Refried Beans
Cheese Sauce
w/ All the Fixin's
Kohlrabi Sticks**

Diced Peaches
 Treat - Smoothie Pop
 2nd Choice - Cheese Omelet +
 Cinnamon Bites

27

**Orange Chicken^{WG}
Oriental Noodles
Roasted Broccoli
Egg Roll**

Romaine Lettuce
 Pineapple Tidbits
 2nd Choice - Grilled Cheese
 + Tomato Soup

28

**Breaded Chicken
Parmesan
WG Pasta
Steamed Green Beans
Grape Tomatoes
Fruit Cocktail
2nd Choice - Uncrustable^N
w/ String Cheese^V**

29

**Cheese
Quesadilla^V**

Green + Red Pepper Strips
 Fresh Baby Carrots
 Sunshine Salad
 2nd Choice - Strawberry +
 Yogurt Parfait^V w/
 Cinnamon Chex Mix^{WG}