

**Nutrition Tips Practice 543218**

Eat 5 Servings of Fruits/Vegetables Daily, Drink 4 glasses of Water Daily, Eat 3 servings of Dairy Daily, 2 or less hours of screen time per day, 1 Hour of Physical Activity per day, and 8 Hours of Sleep per Night!

# Kewaskum High School Lunch Menu

September 2017

## Labor Day

4

**Pizza Sticks**  
Marinara Sauce  
Seasoned Peas  
Fresh Broccoli  
Fresh Apple Slices  
Pineapple Tidbits

5

**Chicken Alfredo**  
French Bread  
Buttered Corn  
Chopped Romaine  
Watermelon  
Diced Pears

6

**Pasta <sup>WG</sup> Bar**  
Garlic Roasted Broccoli  
Spinach Strawberry Salad  
Orange Wedges  
Applesauce

7

**Macaroni & Cheese**  
Fish Sticks  
Steamed Green Beans  
Baby Carrots  
Strawberries  
Diced Peaches

8

**Soft Shell Tacos**  
Taco Meat/Refried Beans w/ All the Fixin's  
Fiesta Corn  
Clementines  
Pineapple Tidbits

11

**Philly Steak Sandwich**  
French Fries  
Fresh Broccoli  
Mix of Melons  
Rosy Applesauce

12

**Turkey & Gravy**  
Mashed Potatoes  
Steamed Green Beans  
Stuffing  
Cinnamon Apple Slices  
Craisins

13

**Mac & Cheese Bar**  
Glazed Carrots  
Chopped Romaine  
Mixed Fruit Medley  
Diced Peaches

14

**Cheese Omelet <sup>V</sup>**  
**WG Pancakes <sup>WG</sup>**  
Tator Tots  
Kohlrabi Sticks  
Blueberries  
Apple Juice

15

**Crispy Chicken Bowl**  
Buttered Corn  
Dinner Roll <sup>WG</sup>  
Fresh Apple Slices  
Diced Peaches

18

**Mini Corn Dogs**  
Seasoned Fries  
Baked Beans  
Honeydew  
Diced Pears

19

**BBQ Pulled Pork Sandwich**  
French Fries  
Coleslaw  
Orange Wedges  
Pineapple Tidbits

20

**Pasta <sup>WG</sup> Bar**  
Garlic Roasted Broccoli  
Kohlrabi Sticks  
Fresh Pear 1/2  
Mandarin Oranges

21

**Cheese Fries**  
Marinara Sauce  
Seasoned Peas  
Baby Carrots  
Strawberries  
Fruit Cocktail

22

**Chicken Tenders**  
Buttered Corn  
Twisted Breadstick  
Fresh Cauliflower  
Craisins  
Rosy Applesauce

25

**Nachos**  
Taco Meat/Refried Beans w/ All the Fixin's  
Grape Tomatoes  
Fresh Apple Slices  
Diced Peaches

26

**Meatloaf**  
Mashed Potatoes  
Roasted Kohlrabi & Carrots/Dinner Roll  
Orange Wedges  
Pineapple Tidbits

27

**Mac & Cheese Bar**  
Island Blend Veggies  
Green & Red Pepper Strips  
Fresh Pear 1/2  
Fruit Cocktail

28

**Cheese Quesadilla**  
Black Bean Salsa  
Fresh Broccoli  
Mixed Fruit Medley  
Sunshine Salad

29

A variety of milk is served each meal –  
1% & Fat Free  
Chocolate

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

### LUNCH PRICES

Student Paid: \$2.75  
Reduced: \$.40  
Milk: \$.35  
Adult Lunch: \$3.45  
Serving: 11:15–12:59

## Global Cuisine

### Mondays

Bistro Burger Bar

### Tuesdays

Fiesta Bar

Nachos/Burritos/Fajitas/  
Quesadillas/Enchiladas

### Wednesdays

Chicago Dog Bar

### Thursdays

A Taste of Italy

### Fridays

Wrap it Up Bar

### Veggie of the Month

Kohlrabi

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

**V** = Vegetarian    **WG** = Whole Grain    **N** = Contains Nuts    **TN** = Contains Tree Nuts    **PTN** = Produced in Plant Containing Nuts/Tree Nuts

\*Menu Subject to Change

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