

**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 Middle School Lunch Menu

## September 2017

### Labor Day

4

**Popcorn Chicken** <sup>WG</sup> <sup>5</sup>  
**French Fries**  
 Romaine Lettuce  
 Pineapple Tidbits  
**Choc Chip Cookie**  
**2<sup>nd</sup> Choice – Cheese** <sup>V</sup>  
**/Pepperoni Pizza** <sup>WG</sup>

**Spaghetti** <sup>WG</sup> & **Meat Sauce** <sup>6</sup>  
**Seasoned Peas**  
 Baby Carrots  
 Diced Pears  
**2<sup>nd</sup> Choice – Nacho Bites & Refried Beans**

**Chicken Quesadilla** <sup>7</sup>  
**Spanish Brown Rice** <sup>WG</sup>  
**Glazed Carrots**  
 Fresh Broccoli  
 Orange Wedges  
 Applesauce  
**2<sup>nd</sup> Choice – Deli Bar**

**Fish Sandwich** <sup>PTN</sup> <sup>8</sup>  
**Potato Wedges**  
 Coleslaw  
 Strawberries  
 Diced Peaches  
**2<sup>nd</sup> Choice – Pasta Bar**

*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: 10:50—12:55

**Soft Shell Tacos** <sup>11</sup>  
**Taco Meat/Refried Beans** <sup>V</sup>  
**Buttered Corn**  
 w/ All the Fixin's  
 Cherry Tomatoes  
 Diced Peaches  
**2<sup>nd</sup> Choice –Burger Bar**

**Turkey & Gravy** <sup>12</sup>  
**Mashed Potatoes**  
**Stuffing / Green Beans**  
 Cinnamon Apple Slices  
 Craisins  
**Ice Cream Cup** <sup>PTN</sup>  
**2<sup>nd</sup> Choice – Pizza**

**Chicken Pesto Crsn** <sup>13</sup>  
**Baked Beans**  
 Sun Chips  
 Fresh Baby Carrots  
 Rosy Applesauce  
**2<sup>nd</sup> Choice – Chili Cheese Dog**

**Chicken Tenders** <sup>14</sup>  
**Glazed Carrots**  
 Chex Mix  
 Fresh Broccoli  
 Mixed Fruit Medley  
**2<sup>nd</sup> Choice – Deli Bar**

**Scrambled Eggs** <sup>V</sup> <sup>15</sup>  
**WG Pancakes** <sup>WG</sup>  
**Mini Tri Tator**  
 Kohlrabi Sticks  
 Blueberries / Apple Juice  
**2<sup>nd</sup> Choice – BBQ Pulled Pork Sandwich**

**Crispy Chicken Box** <sup>18</sup>  
 (Chicken Nuggets & Mashed Potatoes w/ Gravy)  
**Buttered Corn**  
**WG Dinner Roll** <sup>WG</sup>  
 Diced Peaches  
**2<sup>nd</sup> Choice – Burger Bar**

**Mini Corn Dogs** <sup>WG</sup> <sup>19</sup>  
**Baked Beans**  
**Sweet Potato Fries**  
 Diced Pears  
**Brownie**  
**2<sup>nd</sup> Choice – Nacho/Burrito Bar**

**Meatloaf** <sup>20</sup>  
**Mashed Potatoes**  
**Steamed Green Beans**  
**WG Dinner Roll** <sup>WG</sup>  
 Orange Wedges  
**2<sup>nd</sup> Choice – Cheese** <sup>V</sup>  
**/Pepperoni Pizza**

**Breaded Chicken Sandwich** <sup>21</sup>  
**Broccoli w/ Cheese**  
**French Fries**  
 Fresh Pear ½  
 Mandarin Oranges  
**2<sup>nd</sup> Choice – Deli Bar**

**Pizza Sticks** <sup>WG</sup> <sup>22</sup>  
**Marinara Sauce**  
**Seasoned Peas**  
 Kohlrabi Sticks  
 Baby Carrots  
 Fruit Cocktail  
**2<sup>nd</sup> Choice – Pasta Bar**

**Cost per week: \$13.75**  
**Cost per month (20days): \$55.00**

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.**

**Salad Bar Served Daily**

**\*Menu is subject to change**

**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, BUFF, Wellspring, and Geidels Piggly

**Stuffed Crust Pizza** <sup>25</sup>  
**Buttered Corn**  
 Fresh Broccoli  
 Rosy Applesauce  
**2<sup>nd</sup> Choice –Burger Bar**

**Nachos** <sup>26</sup>  
**Taco Meat/Refried Beans** <sup>V</sup>  
**Buttered Corn** w/ All the Fixin's / Cherry Tomatoes  
 Peaches /Frozen Yogurt  
**2<sup>nd</sup> Choice – Breaded Chicken Sandwich**

**BBQ Rib Sandwich** <sup>27</sup>  
**French Fries**  
 Sugar Snap Peas  
 Orange Wedges  
 Pineapple Tidbits  
**2<sup>nd</sup> Choice – Cheese** <sup>V</sup>  
**/Pepperoni Pizza**

**Breaded Chicken** <sup>28</sup>  
**Parmesan**  
**WG Pasta** <sup>WG</sup>  
 Roasted Kohlrabi  
 Green & Red Pepper Strips  
 Fruit Cocktail  
**2<sup>nd</sup> Choice – Deli Bar**

**Hot Dog** <sup>29</sup>  
**Baked Beans**  
 Fresh Baby Carrots  
 Fresh Apple Slices  
 Sunshine Salad  
**2<sup>nd</sup> Choice – Baked Ravioli** <sup>V</sup> & **Garlic Brd**

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

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

\*Menu Subject to Change

This Institution is an Equal Opportunity Provider