## **Nutrition Services is Hiring!**

Looking for high energy, fun-loving, detailed individuals. It's perfect for individuals looking for something to do while their children are at school! Contact Terri Miller, Food Service Director, for more details.

# SCHOOL LONGH

# Kewaskum Elementary Schools October 2022

Any questions or concerns about the Nutrition

Services Program?

**LUNCH PRICES** 

Parents, please make checks payable to Child

Nutrition. Bring checks to school office or mail

1510 Bilgo Lane

receive a notice or a payment envelope.

Each student/staff member is issued a

with their lunch

4 – digit PIN/I.D. number which corresponds

Kewaskum, WI 53040

If your account should fall below \$10.00 you will

Child Nutrition c/o Kewaskum High

\$2.75

\$ 41

\$.40

\$4.71

Nutrition Services Director: Terri Miller

Please contact:

(262)626-3063 or

TMiller@kewaskumschools.org

Student Paid:

Adult Lunch:

School

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

Reduced:

1 - Chicken Nuggets Sweet Potato Fries, Baked Beans, Fresh Apple Slices

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 - "Rad" Bacon Cheeseburger "Far Out" French Fries, Baked Beans, Fresh Apple Slices

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Veggies, Goldfish Crackers

1 - Mini Carn Daas Baked Beans, Seasoned Peas, Fresh Apple Slices

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 - BBQ Pulled Pork Sandwich, French Fries. Baked Beans, Fresh Apple Slices

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 - Chicken Nuggets Sweet Potato Fingers, Caldron

Baked Beans, Bobbin' for Apple

Slices

2 - Freaky Fun Lunch

Uncrustable, String Cheese, Apple Slices, Veggies, Goldfish Crackers HALLOWEEN TREAT

1 - Mini Pizza Bagels Roasted Broccoli, Sliced Cucumbers, Grapes

2 - Banana Bread Lunch

Banana Bread, Yogurt, Diced Pears. Assorted Veggies

Treat (for Both) - Chac Chia Cookie PTN

1-"70s" Crisov Chicken

Bowl (Chicken Nuggets, Mashed Potatoes, Corn. & Grave). Diced

2 - Banana Bread Lunch

Banana Bread, Yogurt, Diced Pears, Assorted Veggies

1 - Popcorn Chicken. Macaroni & Cheese, Roasted Brocoli, Sliced Cucumbers, Mixed

2 - Banana Bread Lunch

Banana Bread, Yogurt, Diced Pears, Assorted Veggies

Treat (for Both) - Fruit Roll Vo

1 – Hot Doa Tator Tots Ruttered Corn **Diced Peaches** 

2 - Banana Bread Lunch

Banana Bread, Yogurt, Diced Pears, Assorted Vennies

Treat (for Both) - Smoothie Poo PTN

1 - Turkey & Gravy, Mashed Potatoes, Steamed Carrots, Cinnamon Applesauce

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 - Gnarly Nachos (Taco Meat, Refried Beans, Cheese Sauce). Green Beans, Grape Tomatoes. Mixed Fruit

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Grilled Cheese, Tomato Soup, French Fries, Vegetable Medley. Diced Peaches

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

l – Orange Chicken, Fried Rice, Steamed Broccoli., Celery Sticks, Mandarin Oranges

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

- Mini Pancakes. Cheese Omelet, Tator Tots, Sugar

Snap Peas, Mixed Fruit

2 - Turkey Sub Lunch

Turkey & Cheese Sub, Strawberry Applesauce, Assorted Veggies

Bacon, Egg, & Cheese Croissant, "Totally" Tator

Tots, Sliced Cucumbers, Fresh Orange Smiles

2 - Ham Sub Lunch Ham & Cheese Sub. Cinnamon Applesauce, Assorted Veggies

- French Toast Sticks. Sausage Patty, Tator Tots, Fresh Baby Carrots, Apple Juice

2 - Turkey Sub Lunch

Turkey & Cheese Sub. Strawberry Applesauce, Assorted Veggies

- Peanut Butter Dipper

Peanut Butter Cup, Fresh Apple Slices, Baby Carrots, Celery Sticks, Cheese Stick Pretzels Graham Treat

2 - Ham Sub Lunch

Ham & Cheese Sub. Cinnamon Applesauce, Assorted Veggies 1 - Pepperoni Pizza Seasoned Peas, Fresh

Cauliflower Strawherries

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 - "Peace" za Sticks.

Marinara Sauce, Broccoli w/ Cheese, Mini Peppers, Diced Peaches

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Veggies, Goldfish Crackers

1 - Pizza Munchable

Flatbread, Pepperoni, Mozzarealla Cheese, Marinara Sauce, Fresh Apple Slices, Assorted Veggies

2 - Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

**Professional Development Day** 

(Na School)

ARE YOU AWESOME?

## Harvest of the Month

Apples

Find Recipes on our School Website under Nutrition Services



National School Lunch Week

October 10 - October 14 School Lunch is Groovy!

TN = Contains Tree Nuts PTN = Produced in Plant Containing Nuts/Tree Nuts This Institution is an Equal Opportunity Provider

V = Vegetarian WG = Whole Grain \*Menu Subject to Change

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N = Contains Nuts