

Kings Junior High Lunch Menu



Lunch Menu # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Hamburger or Cheeseburger* B) Personal Pan Cheese Pizza OR Personal Pan Pepperoni Pizza B) Mini Corn Dogs, Soft Pretzel Stix	A) Homemade Crm of Tomato Soup Warm Grilled Cheese Sandwich* B) Cheese filled Breadstix,marinara B)BK Chicken Nuggets, WG Roll	A) Walking Taco with Taco meat shredded cheese, lettuce, salsa* B) Grilled Chicken Sandwich B) Stuffed Crust Cheese Pizza	A) Pork BarBQ, Whole Grain Bun* B) Baked Chicken Tenders served with Wh. Grain Dinner Roll B) Big Daddy's Cheese Pizza	A) Cinti Chili Cheese Coney* B) Crispy Chicken Sandwich B) Mozzarella Cheese Sticks served with marinara sauce
Homemade Baked Beans* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Potato Tots* California Vegetable Blend Fresh Salad Bar*(various options) and Assorted Fresh Fruit Bar	Seasoned Potato Wedges Seasoned Broccoli Florets* Steamed Vegetable Rice * Fresh Fruit and Fresh Salad Bar	Whipped Potatoes with gravy Seasoned Corn* Fresh Salad Bar*(various options) and Assorted Fresh Fruit Bar	Baked Straight Cut Potatoes* Seasoned Green Beans* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar
Milk	Milk	Milk	Milk	Milk

Lunch Menu # 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Frt Juice, Bk Sausage Patty * French Toast Sticks, Maple Syrup B) Big Daddy's Cheese Pizza B) Deluxe Hamburger/Chseburger	A) Hamburger or Cheeseburger* B) Personal Pan Cheese Pizza OR Personal Pan Pepperoni Pizza B) Bk Chicken Nuggets, WG Roll	A) Mini Pizza Cheese Bagels* B) Cheese filled Breadsticks served with marinara dipping sc B) Crispy Chicken Sandwich	A) Homemade 3 Way Chili Spaghetti served w/ Wh. Grain Garlic Bread* B) Chicken Tenders with WG Roll B) Cheese Quesadilla with salsa	A) Chicken Drumstick w/ WG Roll* B) Stuffed Crust Cheese Pizza or Stuffed Pepperoni Pizza B) Popcorn Chix, WG Dinner Roll
Baked Roasted Potato Chunks* Seasoned Kyoto Vegt Blend Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Twister Seasoned Potato* Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Fresh Garden Salad with drsg* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Tritater Potatoes Homemade Baked Beans* Fresh Salad Bar*(various options) and Assorted Fresh Fruit Bar	Baked Crinkle Cut Potatoes* Seasoned Mixed Vegetables* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar
Milk	Milk	Milk	Milk	Milk

Lunch Menu # 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Texas Style Grilled Cheese * B) Baked Chicken Nuggets with Whole Grain Dinner Roll B) French Bread Cheese Pizza	A) Cinti Chili Cheese Coney* B) Crispy Chicken Sandwich B) Baked Chicken Tenders served with BBQ Dipper Sauce	A) Pork BarBQ, Whole Grain Bun B) Mini Corn Dogs served with warm soft whole grain pretzel stix B) Baked Cheese Stromboli	A) Roast Turkey topped with gravy served with whole grain dinner roll B) Big Daddy's Cheese Pizza B) Crispy Chicken Sandwich	A) Chicken Fajita Wrap served with lettuce, cheese and salsa* B) Personal Pan Cheese Pizza or B) Mozz. Cheese Stix w/marinara
Baked Spiral Potatoes* Seasoned Broccoli Florets * Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Homemade Baked Beans* Seasoned Corn* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Potato Rounds* Seasoned Green Beans* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Whipped Sweet Pot with topping* Seasoned Mixed Vegetables* Fresh Salad Bar (various options)* and Assorted Fresh Fruit Bar	Baked Potato Wedges* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar
Milk	Milk	Milk	Milk	Milk

Lunch Menu # 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) General Tso's Chicken Dish * served with Rice & Fortune Cookie B) Cheese filled Breadstix,marinara B) Popcorn Chix, WG Dinner Roll	A) Frt Juice, Baked Cheese Omelet Sausage, Blueberry Fruit Muffin* B) Tonsy's Cheese or Pepp. Pizza B) Mini Corn Dogs w/ Pretzel Stix	A) Italian Rotini Pasta Bake* served with Whole Grain Bread B) French Bread Cheese Pizza B) Bk Chix Nuggets, WG Dinner Roll	A) Hamburger or Cheeseburger* B) Totally Taco Wedges w/ salsa B) Personal Pan Cheese Pizza OR Personal Pan Pepperoni Pizza	A) Baked Mini Cheese Ravioli * served with WG Warm Garlic Brd* B) Big Daddy's Cheese Pizza B) Baked Chix Tenders, WG Roll
Baked Tater Tots Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Roasted Potato Chunks * Seasoned Corn Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Seasoned Green Beans* Baked Potato with margarine Fresh Salad Bar *(various options) and Assorted Fresh Fruit Bar	Homemade Baked Beans* Seasoned Carrot Coins * Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Crinkle Cut Potatoes* Seasoned Kyoto Vegetable Blend * Fresh Salad Bar (various options) Fresh Fruit and Fresh Salad Bar
Milk	Milk	Milk	Milk	Milk

Lunch Menu # 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Mini Pizza Cheese Bagels* B) Baked Chicken Nuggets served with WG Dinner Roll B) Crispy Chicken Sandwich	A) Soft Taco on W. Grain Tortilla with lettuce, cheese and salsa * B) Mozz. Cheese Stix w/marinara B) Bk Mini Corn Dogs, Pretzel Stix	A) Homemade Mac and Cheese* with Baked Fish Treasurer's * B) Stuffed Crust Cheese Pizza B) Popcorn Chix, WG Dinner Roll	A) Chicken Drumstick w/ WG Roll* B) Pizza Cheesy Crunchers B) Baked Spicy Chicken Tenders with Whole Grain Dinner Roll	A) Frt Juice, Grilled Sausage Patty French Toast Sticks with Syrup* B) Deluxe Hamburger/Chseburger B) Popcorn Chix, WG Dinner Roll
Baked Spiral Potatoes* Seasoned Corn* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Steamed Vegetable Rice* Refried Beans* Seasoned Green Beans Fresh Frt and Fresh Salad Bar*	Baked Potato Wedges Seasoned Broccoli Florets* Fresh Salad Bar *(various options) and Assorted Fresh Fruit Bar	Whipped Potatoes with gravy* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar	Baked Roasted Potato Chunks* Seasoned Mixed Vegetables Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar
Milk	Milk	Milk	Milk	Milk

WHAT'S FOR LUNCH?



Reference the month calendar below. Each week is highlighted in a specific color corresponding to that week's menu.

DELI OFFERING
\$ 2.70

Box Lunch includes:
Fresh Deli Sandwich, assorted fresh vegetable offerings and Fresh Fruit. Includes 8 oz. Milk

APRIL 2018.

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				



MAY 2018.

M	T	W	T	F
1	2	3	4	
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	



LUNCH MEAL

OPTION A - \$2.70
OPTION B - \$3.20
REDUCED MEAL \$.40
Includes 8 oz. milk



FRESH WRAPS MADE TO ORDER

Ultra grain Tortilla, Chipotle Chicken, Steamed Whole Grain Rice, Black Beans, assorted fresh toppings. Meal includes Fresh Vegt Cup and Fruit Cup (includes 8 oz milk)
\$ 3.20
REDUCED MEAL \$.40

GRAB N GO MEAL

Large Specialty Salad, served with WG Saltine Crackers, fruit/vegetable options - \$3.20
REDUCED MEAL \$.40



