

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 Homemade Baked Beans* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Cream of Tomato Soup, Crax Warm Grilled Cheese Sandwich B) Cheesefilled Breadstix, marinara B) BK Chicken Nuggets, WG Roll Baked Potato Tots* California Vegetable Blend* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Nacho's topped w/ Taco meat Queso Cheese, Lettuce, Salsa* B) Grilled Chicken Sandwich B) Big Daddy's Buffalo Chix Pizza Seasoned Potato Wedges Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Sloppy Joe Sandwich, Pretzels* B) Baked Chicken Tenders served with Wh. Grain Dinner Roll B) S & F Cheese or Pepp. Pizza Whipped Potatoes with gravy* Seasoned Corn* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Cinti Chili Cheese Coney* B) Crispy Chicken Sandwich B) Mozzarella Cheese Sticks served with marinara sauce Baked Straight Cut Potatoes* Seasoned Green Beans* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk
Lunch Menu # 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Frt Juice, Bk Sausage Patty * French Toast Sticks, Maple Syrup B) Big Daddy's Primo Cheese Pizza B) Mozz. Cheese Sticks, marinara Baked Roasted Potato Chunks* Seasoned Kyoto Vegt Blend Fresh Salad Bar (various options) Treat: Mini Rice Krispie Treat Milk	A) Homemade 3 Way Chili Spaghetti served w/ Wh. Grain Garlic Bread* B) S & F Cheese or Pepp. Pizza B) Baked Chicken Nuggets Baked Twister Seasoned Potato* Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Cheesefilled Bosco Breadstix* served with Warm Marinara Sauce B) French Bread Cheese Pizza B) Crispy Chicken Sandwich Fresh Garden Salad with drsg* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Hamburger or Cheeseburger* B) Baked Chicken Tenders with Whole Grain Dinner Roll B) Cheese Quesadilla with salsa Baked Tritater Potatoes* Homemade Baked Beans* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Chicken Drumstick w/ WG Roll* B) Stuffed Crust Cheese Pizza or Stuffed Pepperoni Pizza B) Popcorn Chix, WG Dinner Roll Baked Crinkle Cut Potatoes* California Vegetable Blend * Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk
Lunch Menu # 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Tony's Cheese / Pepp Pizza* B) Baked Chicken Nuggets with Whole Grain Dinner Roll B) Italian Chse Pepperoni Calzone Baked Spiral Potatoes* Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Cinti Chili Cheese Coney* B) Hamburger or Cheeseburger B) Baked Boneless Wings served with BBQ Dipper Sauce Homemade Baked Beans* Seasoned Corn* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Pork BarBQ, Whole Grain Bun B) Mini Corn Dogs served with Warm Soft Pretzel Stick B) Big Daddy's Primo Cheese Pizza Baked Potato Rounds* Seasoned Kyoto Blend Vegt* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) General Tso's Chicken Dish * served with Rice & Fortune Cookie B) Mozz. Cheese Bread, marinara B) Bk Chix Rings, WG Dinner Roll Seasoned Roasted Potatoes* Seasoned Green Beans* Fresh Salad Bar (various options)* and Assorted Fresh Fruit Bar Milk	A) Chicken Fajita Wrap served with lettuce, cheese and salsa * B) Personal Pan Cheese Pizza or B) Cheesefilled Brd Stix, Marinara Baked Potato Wedges* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk
Lunch Menu # 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Baked Mini Cheese Ravioli * served with WG Warm Garlic Brd* B) Stuffed Pizza (Cheese or Pepp) B) Popcorn Chix, WG Dinner Roll Baked Tater Tots* Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Frt Juice, Baked Cheese Omelet Sausage, Blueberry Fruit Muffin* B) Beefy Mushroom Burger B) French Bread Cheese Pizza Roasted Potato Chunks * Seasoned Corn Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Fire Roasted Chix Sidewinders* served with Whole Grain Tostitos B) French Bread Cheese Pizza B) Bk Chix Nuggets, WG Dinner Roll Fresh Garden Salad with drsg* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Hamburger or Cheeseburger* B) Totally Taco Wedges w/ salsa B) S & F Cheese Pizza OR S & F Pepperoni Pizza Baked Potato Wedges* Seasoned Green Beans* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Burrito with Cheese Queso* B) Big Daddy's Primo Cheese Pizza B) Baked Chix Tenders, WG Roll served with BBQ Dipper Sauce Seasoned Mexican Rice * California Vegetable Blend * Refried Beans * Fresh Salad bar (various options) Milk
Lunch Menu # 5				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A) Mini Pizza Cheese Bagels* B) Boneless Buffalo Chicken Wings served with WG Dinner Roll B) Crispy Chicken Sandwich Baked Spiral Potatoes* Seasoned Corn* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	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 Steamed Vegetable Rice* Refried Beans* Seasoned Green Beans Self Serve Asst Fruit Bar Milk	A) Homemade Mac and Cheese* with Baked Fish Treasurer's * B) Stuffed Pizza (Cheese or Pepp) B) Bk Chix Rings, WG Dinner Roll Baked Potato Wedges Seasoned Broccoli Florets* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Chicken Drumstick w/ WG Roll B) Pizza Cheesy Crunchers B) Baked Spicy Chicken Tenders with Whole Grain Dinner Roll Whipped Potatoes with gravy* Seasoned Carrot Coins* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk	A) Frt Juice, Grilled Sausage Patty French Toast Sticks with Syrup* B) Beefy Mushroom Burger B) Popcorn Chix, WG Dinner Roll Baked Roasted Potato Chunks* Seasoned Kyoto Vegt Blend* Fresh Salad Bar (various options) and Assorted Fresh Fruit Bar Milk

WHAT'S FOR LUNCH?



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

AUGUST 2017

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	



SEPTEMBER 2017

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

DELI OFFERING \$ 2.70

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

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 Vogt 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

Includes 8 oz. Milk

