

KETTERING MIDDLE SCHOOL/VAN BUREN

4 Week Cycle Lunch Menu

Each lunch comes with an entree, up to two fruits and a vegetable, and assorted milk options.
Please consult with your school nurse for proper documentation to receive allergen free meals.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Week A (A La Carte \$2.00)

Spaghetti & Meatballs OR Meatball Sub Roasted Broccoli	Beef Taco OR Chicken Nugget Basket Refried Beans	Chicken Quesadilla OR Hot Ham & Cheese Cucumber Slices	BRUNCH 4 LUNCH OR Cereal Lunch Warm Apples Tater Tots	Breaded Mozzarella Sticks OR Calzone Crunchy Baby Carrots
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Week B (A La Carte \$2.00)

Chicken Drumstick w/ Cornbread OR Chicken Patty Sandwich (Spicy Available) Wedge Potatoes	Chicken Corn Dog OR Hot Dog on a Bun Celery Sticks	Chili Spaghetti OR Chili Cheese Burrito Kidney Beans	Chicken Wings Bone In OR Boneless Carrot & Celery Sticks	Garlic Cheesy Bread OR Chef's Special Grape Tomatoes
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Week C (A La Carte \$2.00)

Lasagna Roll Up Garlic Twist OR Cheesy Breadsticks Romaine Salad	Chicken & Waffles OR Popcorn Chicken Basket Warm Cinnamon Apples Roasted Potatoes	Walking Taco OR Taco Burrito Black Bean	Firebird Chicken OR Fish Sandwich Green Beans	Ravioli in Marinara OR Hot Italian Sub Mashed Potatoes
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Week D (A La Carte \$2.00)

Macaroni and Cheese OR Cheese/Pepperoni Pizza Tossed Salad	Grilled Cheese & Tomato Soup OR Chicken Fingers Basket Baked Beans	Chicken & Noodles OR Cheese/Hamburger Corn	Orange Chicken & Fried Rice Asian Vegetables	Mexican Pizza OR Beef Nachos Broccoli Trees
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Assorted Menu Items Available Every Day

Fresh Fruit: Bananas, Apples, Oranges, Grapes, and other Seasonal Fresh Fruit	Canned Fruit: Peaches, Pears, Mandarin Oranges, Pineapple Chunks, Applesauce	Dried Fruit: Varied Flavored Craisins Raisins Assorted 100% Fruit Juice	Assorted Grab n Go Meal Options: (Available A La Carte \$2.00) Peanut Butter and Jelly Turkey or Ham sandwich Yogurt Parfaits Assorted Entree Salads Assorted Fun Meals
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This institution is an equal opportunity provider and employer.

***Food Chain Supplies are extremely strained right now, and therefore menu options are subject to change.
Please consult the cafeteria manager in your school to find out the items in meal service.***