

Winter 2017 Grades 7-12 KHS and KMS

5 Week Cycle Menu

Kennett High School		Kennett Middle School		Version 1		Lunch Menu	
"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"						Round 1	Cycle Menu #2
		Monday	Tuesday	Wednesday	Thursday	Friday	
		1/2/2017	1/3/2017	1/4/2017	1/5/2017	1/6/2017	
Week 1			Baked Ham and	Turkey & Gravy	Chili con Carne	Roast Beef-French Dip	
			Baked Beans	WGW Herb Stuffing	Cornbread	Potato Chips, Pickle	
		NO SCHOOL		Butternut Squash	Carrots	Beets	
			Cranberry Sauce	Cranberry Sauce			
			Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	
			Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
			Milk	Milk	Milk	Milk	
Week 2		1/9/2017	1/10/2017	1/11/2017	1/12/2017	1/13/2017	
		Chix Cordon Bleu	Tuna Casserole	Beef Stroganoff	Chicken Fajita	Fish Sticks	
		WGW Croissant	Peas	Carrots	Brown Rice	French Fries	
		Potato Salad				Cole Slaw and Pickles	
		Succotash			Black Beans	Tartar Sauce	
		Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	
		Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
	Milk	Milk	Milk	Milk	Milk		
Week 3		1/16/2017	1/17/2017	1/18/2017	1/19/2017	1/20/2017	
			Popcorn Chix & Gravy	Colossal Meatball	Nachos, jalepenos	Cheeseburger	
			Mashed Potatoes	Pasta & Marinara	Black Beans, tomaotes	Pasta Salad	
		NO SCHOOL	Corn	Garlic Cread Stick	cheddar cheese, onions,	Lettuce and Tomato	
		Martin Luther King			olives, salsa, sour cream	ketchup	
		Holiday	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	
			Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
		Milk	Milk	Milk	Milk		
Week 4		1/23/2017	1/24/2017	1/25/2017	1/26/2017	1/27/2017	
		Chicken Burger	Shepherd's Pie	Chicken Broccoli Penne	Beef Taco Bar	Roast Pork & Gravy	
		3-Bean Salad	Peas			Scalloped Potatoes	
		ketchup				Applesauce	
					Hummus & Carrot sticks	Peas and Carrots	
		Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	
		Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
	Milk	Milk	Milk	Milk	Milk		
Week 5		1/30/2017	1/31/2017	2/1/2017	2/2/2017	2/3/2017	
		Sloppy Joe's	Grilled Chicken-	Open-Face Roast Beef San	Chicken Pot Pie	Mozzarella Stix	
		Oven Roasted Pota	Caesar Salad	French Fries		Caesar Salad	
		Pickled Beets	Garlic Bread Stick	Ketchup	Corn and Carrots	Garlic Bread Stick	
		Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	
		Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	
	Milk	Milk	Milk	Milk	Milk		
Week 1	Repeat	2/6/2017	2/7/2017	2/8/2017	2/9/2017	2/10/2107	
		BBQ Pulled Pork	Turkey & Gravy	Ham and Baked Beans	Chili con Carne	Roast Beef-French Dip	

	WGW Croissant	Herb Stuffing	Baked Sweet Potato	Cornbread	Potato Chips, Pickle
	Honey Cole Slaw	Butternut Squash	Green Beans	Carrots	Beets
		Cranberry Sauce			
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 2	2/13/2016	2/14/2016	2/15/2016	2/16/2016	2/17/2016
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	Chix Cordon Bleu	Tuna Casserole	Beef Stroganoff	Chicken Fajita	Fish Sticks
	WGW Croissant	Peas	Carrots	Brown Rice	French Fries
	Potato Salad				Cole Slaw and Pickles
	Succotash			Black Beans	Tartar Sauce
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 3	2/20/2016	2/21/2016	2/22/2016	2/23/2016	2/24/2016
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	WINTER VACATION				

Week 4	2/27/2016	2/28/2016	3/1/2016	3/2/2016	3/3/2016
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	Chicken Burger	Shepherd's Pie	Chicken Broccoli Penne	Beef Taco Bar	Roast Pork & Gravy
	3-Bean Salad	Peas			Scalloped Potatoes
					Applesauce
				Hummus & Carrot sticks	Peas and Carrots
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 5	3/6/2016	3/7/2016	3/8/2016	3/9/2016	3/10/2016
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	Sloppy Joe's	Grilled Chicken-	Open-Face Roast Beef San	Chicken Pot Pie	Mozzarella Stix
	Oven Roasted Pota	Caesar Salad	French Fries		Caesar Salad
	Pickled Beets	Garlic Bread Stick		Corn and Carrots	Garlic Bread Stick
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 1	Repeat	3/13/2016	3/14/2016	3/15/2016	3/16/2016	3/17/2016
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	BBQ Pulled Pork	Turkey & Gravy	Ham and Baked Beans	Chili con Carne	Corned Beef & Cabbage
	WGW Croissant	Herb Stuffing	Baked Sweet Potato	Cornbread	Boiled Potatoes
	Honey Cole Slaw	Butternut Squash	Green Beans	Carrots	Beets and Carrots
		Cranberry Sauce			
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 2	3/20/2016	3/21/2016	3/22/2016	3/23/2016	3/24/2016
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	Chix Cordon Bleu	Tuna Casserole	Beef Stroganoff	Chicken Fajita	Fish Sticks
	WGW Croissant	Peas	Carrots	Brown Rice	French Fries
	Potato Salad				Cole Slaw and Pickles
	Succotash			Black Beans	Tartar Sauce
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 3 **3/27/2016** **3/28/2016** **3/29/2016** **3/30/2016** **3/31/2016**

	BBQ Chicken	Popcorn Chix & Gravy	Colossal Meatball	Nachos, jalepenos	Cheeseburger
	Corn Chowder	Mashed Potatoes	Pasta & Marinara	Black Beans, tomaotes	Pasta Salad
	Vegetable Medley	Corn	Garlic Cread Stick	cheddar cheese, onions,	Lettuce and Tomato
				olives, salsa, sour cream	ketchup
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 4 **4/3/2016** **4/4/2016** **4/5/2016** **4/6/2016** **4/7/2016**

	Chicken Burger	Shepherd's Pie	Chicken Broccoli Penne	Beef Taco Bar	Roast Pork & Gravy
	3-Bean Salad	Peas			Scalloped Potatoes
					Applesauce
				Hummus & Carrot sticks	Peas and Carrots
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

Week 5 **4/10/2016** **4/11/2016** **4/12/2016** **4/13/2016** **4/14/2016**

	Sloppy Joe's	Grilled Chicken-	Open-Face Roast Beef San	Chicken Pot Pie	Mozzarella Stix
	Oven Roasted Pota	Caesar Salad	French Fries		Caesar Salad
	Pickled Beets	Garlic Bread Stick	ketchup	Corn and Carrots	Garlic Bread Stick
	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza	Homemade Pizza
	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	Milk	Milk	Milk	Milk	Milk

	SPRING VACATION				