



KENTON

High School Menu

2017-2018

School Nutrition Staff

Regina Comstock, Supervisor
419.673.7248
Dee Kinnear
419.675.7216

3 Ways to Pre-Pay

1. Pay by check made out to Kenton (school name) Cafeteria with students full name and ID # in the memo line
2. Pay with cash in envelope or zip lock baggie with students full name and ID #
3. **Pay For It.com** Go to CAT page-Cafeteria-Payments & follow instructions

School Nutrition

Meal Prices

Breakfast \$.25
Reduced Breakfast \$.25
Lunch \$2.75
Reduced Lunch \$.40

Offered Daily:

Fresh Fruit & Fresh Veggies

ADULTS: CHECK WITH CAFÉ

Healthy choices for Breakfast and Lunch!

- Students work hard everyday and as a parent you can rest easier knowing that your student is being provided meal choices that are not only healthy—but also taste good!
- Our meals at KES, follow a meal pattern as part of the National School Lunch Program, designed to reflect the Dietary Guidelines for Americans. Each meal has protein (meat), fruit and vegetables, whole grains (bread) and a low fat white or fat free chocolate milk.
- All side and snack ala carte must also follow these healthier guidelines.
- If you haven't already—please complete an application for free and reduced meals. Applications are available through the café or main office.

Lunch Menu #1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken Bowl Mashed Potatoes, corn & Gravy Mixed Fruit Dinner Roll/ Butter Choice of Milk	Domino's SS Pizza Seasoned Corn Mixed Fruit Choice of Milk	Beef Burrito or Walking Taco Seasoned Rice Mixed Fruit Choice of Milk	Breaded Chicken-Tater Tots 100% Juice Choice of Milk	Wildcat Burger Cheese & Pickles Green Beans Mixed Fruit Choice of Milk

Lunch Menu #2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Baked Steak Sand Mashed Potatoes & Gravy Mixed Fruit Choice of Milk	Chicken Fajita Seasoned Corn Mixed Fruit Choice of Milk	Cook's Choice Vegetables Mixed Fruit Choice of Milk	Oven Bkd or Grilled Chicken Sand Mixed Vegetables Mixed Fruit Choice of Milk	Pizza Variety Vegetables Mixed Fruit Choice of Milk

Lunch Menu #3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Nachos Tostitos Scoops Seasoned Corn Mixed Fruit Choice of Milk	Dominos SS Pizza Mixed Vegetables Mixed Fruit Choice of Milk	Bosco Sticks w/ Marinara Vegetables Mixed Fruit Choice of Milk	Shredded Chicken Sandwich Breen Beans Mixed Fruit Choice of Milk	Wildcat Burger Cheese & Pickles Oven Fries Mixed Fruit Choice of Milk

Lunch Menu #4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hotdog Baked Beans Mixed Fruit Choice of Milk	Pulled Pork Sand Seasoned Corn Cheezits Mixed Fruit Choice of Milk	Pasta w/ Meat Sauce Vegetables Mixed Fruit WG Bread Stick Choice of Milk	Oven Bkd Chicken Steamed Broccoli W/ Cheese Sauce Mixed Fruit Dinner Roll Choice of Milk	Pizza Variety Vegetables Mixed Fruit Choice of Milk

This institution is an equal opportunity provider and employer.

Weekly Breakfast Menu

Monday thru Friday - Variety to be offered daily : Banana Choc Chunk Bar, Cherry Choc Bars, Yogurt, Cinnamon Breakfast Bars, Pop Tart, Breakfast Pizza, PB&J Wafer, 100% Juice, & a Choice of Milk

Follow the calendar and color key to our four week lunch cycle.

Menu subject to change.

August 2017						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2017						
S	M	T	W	T	F	S
					1	2
3	NO SCHOOL Fair					9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2017						
S	M	T	W	T	F	S
					no school	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	no school			25
26	27	28	29	30		

December 2017						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	no school off			23
24	No School					30
31						

January 2018						
S	M	T	W	T	F	S
7	8	9	10	11	off	13
14	off	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			