



KENTON MIDDLE SCHOOL

2017-2018

School Nutrition Staff

Regina Comstock, Café Supervisor
419.673.7248
Dee Kinnear or Vickie Warmbrod
419.673.1237

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 - **FREE**
Lunch \$2.75
Reduced Lunch \$.40
Milk \$.50

Offered Daily:

Variety Pizza
Chef Salad
Fresh Fruit
Vegetables

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.

Follow the calendar and color key to our four week lunch

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
			1			4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	no school			25
26		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			

Lunch Menu #1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini or full size Corn dogs Green Beans Mixed Fruit Choice of Milk	Domino's SS Pizza Vegetable Mixed Fruit Choice of Milk	Cook's Choice Vegetables Mixed Fruit Choice of Milk	WG Baked Chicken Vegetables Mixed Fruit Choice of Milk	Wildcat Burger Cheese & Pickles Oven Fries 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 Sour Cream/Salsa Seasoned Corn Mixed Fruit Choice of Milk	WG Baked or Grilled Chicken Sand Mixed Vegetables Mixed Fruit Choice of Milk	Beef Burrito or Walking Taco Lettuce & Cheese Vegetables Mixed Fruit Choice of Milk	Variety Pizza Green Beans Mixed Fruit Choice of Milk

Lunch Menu #3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Nachos Tostitos Scoops Seasoned Corn Mixed Fruit Choice of Milk	Domino's SS Pizza Mixed Vegetables Mixed Fruit Choice of Milk	Cook's Choice Vegetables Mixed Fruit Choice of Milk	KMS Chicken Bowl mashed potatoes corn, gravy and shredded cheese 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 Vegetables Mixed Fruit Choice of Milk	Breaded Mozzarella Sticks w/ Marinara Vegetables Mixed Fruit Choice of Milk	Pasta w/ Meat Sauce Green Beans Mixed Fruit CF Breadstick Choice of Milk	WG Baked Chicken Vegetables Mixed Fruit Dinner Roll Choice of Milk	Variety Pizza Green Beans 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, Breakfast Kits, Pop Tart, Breakfast Pizza, PB&J Wafer, 100% Juice, & a Choice of Milk

BREAKFAST IS NOT SERVED ON A 2 HOUR DELAY

Menu subject to change.