

KEMPER COUNTY SCHOOL DISTRICT

KCHS 9th-12th Lunch Menu

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Sep 9, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 9/1/2021 Chicken Fajitas Whole Kernel Corn Refried Beans Spanish Rice Chilled Peach Slices Fresh Fruit Bowl Chocolate Milk Low Fat Milk Taco Sauce	Thu - 9/2/2021 Hot Dogs Crinkle Cut Fries Assorted Vegetable J Fruit Cocktail Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Fri - 9/3/2021 Beef Taco with Crispy Shell Tex Mex Style Beans Mexicali Corn Blushing Chilled Pears Fresh Fruit Bowl Taco Sauce Sour Cream Snack Cookies Chocolate Milk Low Fat Milk
Mon - 9/6/2021 Southern Chicken Sandwich Crinkle Cut Sweet Potatoes Whole Kernel Corn Frozen Fruit Juice Cu Fresh Fruit Bowl Chocolate Milk Low Fat Milk	Tue - 9/7/2021 Italian Rotini Cassero Green Beans with Potatoes Glazed Carrots Fresh Fruit Bowl Chilled Mandarin Oranges Whole Wheat Roll Chocolate Milk Low Fat Milk	Wed - 9/8/2021 Honey Lemon Chicken Macaroni and Cheese Pinto Beans Southern Mustard Gr Cornbread Fresh Fruit Bowl Flavored Raisins Chocolate Milk Low Fat Milk	Thu - 9/9/2021 Corn Dog Nuggets Mixed Vegetables Assorted Vegetable J Fresh Fruit Bowl Chilled Peach Slices Brownies Chocolate Milk Low Fat Milk	Fri - 9/10/2021 Beefy Nachos Grande Refried Beans Mexicali Corn Spanish Rice Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk Sour Cream Taco Sauce
Mon - 9/13/2021 Cheesy Garlic French Bread with Marinara Stuffed Crust Pizza Mexican Pizza Cheese Pizza Sausage Pizza Whole Kernel Corn Kidney Beans Fresh Fruit Bowl Chilled Diced Pears Chocolate Milk Low Fat Milk	Tue - 9/14/2021 Chicken Spaghetti Southern Green Bean Glazed Carrots Fresh Fruit Bowl Chilled Mandarin Oranges Whole Wheat Roll Chocolate Milk Low Fat Milk	Wed - 9/15/2021 Hamburger Steak w/ Mashed Potatoes Steamed Spinach Cornbread Fresh Fruit Bowl Chilled Diced Pears Chocolate Milk Low Fat Milk	Thu - 9/16/2021 Cheeseburger Crinkle Cut Fries California Veggies Frozen Fruit Juice Cu Fresh Fruit Bowl Chocolate Milk Low Fat Milk Ketchup Mayonnaise Mustard Trimmings	Fri - 9/17/2021 Chicken Fajitas Tossed Salad w/ Dres Refried Beans Spanish Rice Chilled Peach Slices Fresh Fruit Bowl Chocolate Milk Low Fat Milk Taco Sauce

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Mon - 9/20/2021 BBQ Rib Sandwich Baked Beans Seasoned Potato Wed Fresh Fruit Bowl Flavored Raisins Chocolate Milk Low Fat Milk Ketchup Mayonnaise	Tue - 9/21/2021 Shepherd's Pie Peas and Carrots Cornbread Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Low Fat Milk	Wed - 9/22/2021 Chef Salad Fish Melt Green Beans Confetti Coleslaw Croutons Saltine Crackers Fresh Fruit Bowl Chilled Mandarin Oranges Chocolate Milk Low Fat Milk	Thu - 9/23/2021 Barbecue Chicken Scalloped Potatoes Black-Eyed Peas Cornbread Fresh Fruit Bowl Frozen Fruit Juice Cu Chocolate Milk Low Fat Milk	Fri - 9/24/2021 American Sub Sandwi Doritos Vegetable Juice Baby Carrots Blueberry Cookie Bite Fresh Fruit Bowl Flavored Raisins Chocolate Milk Low Fat Milk
Mon - 9/27/2021 Chicken Tenders Macaroni and Cheese Mixed Vegetables Pinto Beans Yeast Roll Fresh Fruit Bowl Frozen Fruit Juice Cu Chocolate Milk Low Fat Milk Variety of Dipping Sa	Tue - 9/28/2021 Cheeseburger Baked Beans Seasoned Potato Wed Fresh Fruit Bowl Flavored Raisins Chocolate Milk Low Fat Milk Trimmings	Wed - 9/29/2021 Baked Pork Chop Seasoned Cabbage Black-Eyed Peas Cornbread Fresh Fruit Bowl Frozen Fruit Juice Cu Yellow Cake	Thu - 9/30/2021 Steak Fingers Mashed Potatoes Green Peas Yeast Roll Fresh Fruit Bowl Chilled Pear Halves Chocolate Milk Low Fat Milk	

This institution is an equal opportunity provider.

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