

Kane Area School District  
Elementary & Middle School

# LUNCH MENU

## What Makes a Meal?

Choosing at Least 3 of 5 Components:

- Choice of Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Choice of (whole) Grain/Bread
- Choice of Milk

**\*Students must choose AT LEAST ONE Fruit or Vegetable**

## FRESH Fruits and Vegetables

### Fresh Vegetables Daily May Include:

Baby Carrots  
Celery Sticks  
Fresh Veggie Cup  
Broccoli Florets  
Cauliflower Florets  
Cucumber Slices  
Side Salad  
Fresh Red/Green Peppers  
Vegetable Juice

**\*May choose two 1/2 cup servings**

### Daily Fruit Choices May Include:

Apple  
Banana  
Orange  
Fresh Pear  
Apple Slices  
Fruit Juice  
Raisins/Craisins  
Grapes  
Mandarin Oranges  
Diced Peaches  
Pineapple Tidbits  
Diced Pears  
Tropical Fruit Salad  
Mixed Fruit  
Applesauce

**\*May choose one 1/2 cup serving**

*\* MENU SUBJECT TO CHANGE \**

### Milk Choices Offered Daily

Fat Free Chocolate, Strawberry or Low Fat White Milk

**Pricing: Students Eat for FREE!**

The USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>HAPPY NEW YEAR</b></p>	<p><b>January 2nd</b></p> <ul style="list-style-type: none"> <li>#1 Sloppy Joe Sandwich</li> <li>#2 Chicken Nuggets w/ Bread</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Potato Wedges</li> <li>• Banana</li> </ul>	<p><b>January 3rd</b></p> <ul style="list-style-type: none"> <li>#1 Turkey Club Sandwich</li> <li>#2 Hotdog on a Bun</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Crispy Chicken Salad w/ Bread</li> <li>• Carrot Coins</li> <li>• Pineapple Tidbits</li> </ul>	<p><b>January 4th</b></p> <ul style="list-style-type: none"> <li>#1 Macaroni &amp; Cheese w/Garlic Bread</li> <li>#2 Crispy Chicken Salad</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Peas</li> <li>• Red Delicious Apple</li> </ul>	<p><b>January 5th</b></p> <ul style="list-style-type: none"> <li>#1 Pepperoni Pizza</li> <li>#2 Corn Dog Nuggets</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Crispy Chicken Salad w/ Bread</li> <li>• Green Beans</li> <li>• Peaches</li> </ul>
Middle School Students' Planned Lunch Week January 8th - January 12th				
<p><b>January 8th</b></p> <ul style="list-style-type: none"> <li>#1 Popcorn Chicken Bowl w/ Roll</li> <li>#2 Cheeseburger</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Italian Chef Salad w/ Bread</li> <li>• Corn</li> <li>• Bagged Apple Slices</li> </ul>	<p><b>January 9th</b></p> <ul style="list-style-type: none"> <li>#1 Walking Taco w/ Roll</li> <li>#2 Chicken Nuggets w/ Bread</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Cucumbers w/ Ranch</li> <li>• Strawberries w/ Whipped Cream</li> </ul>	<p><b>January 10th</b></p> <ul style="list-style-type: none"> <li>#1 Crispy Chicken, Bacon, Ranch &amp; Cheese Wrap</li> <li>#2 Hotdog on a Bun</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Italian Chef Salad w/ Bread</li> <li>• French Fries</li> <li>• Fresh Orange Quarters</li> </ul>	<p><b>January 11th</b></p> <ul style="list-style-type: none"> <li>#1 Beef &amp; Cheese Burrito w/ Toppings Bar</li> <li>#2 Crispy Chicken Sandwich</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Side Salad</li> <li>• Flavored Applesauce Cups</li> </ul>	<p><b>January 12th</b></p> <ul style="list-style-type: none"> <li>#1 Ham &amp; Scalloped Potatoes w/ Roll</li> <li>#2 Corn Dog Nuggets</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Italian Chef Salad w/ Bread</li> <li>• Steamed Broccoli</li> <li>• Fruit Crisp</li> </ul>
<p><b>January 15th</b></p> 	<p><b>January 16th</b></p> <ul style="list-style-type: none"> <li>#1 Salisbury Steak &amp; Buttered Pasta</li> <li>#2 Chicken Nuggets &amp; Buttered Pasta</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Green Beans</li> <li>• Apple Slices</li> </ul>	<p><b>January 17th</b></p> <ul style="list-style-type: none"> <li>#1 BBQ Pork Potato Wedges w/ Nacho Cheese Sauce &amp; Bread</li> <li>#2 Hotdog on a Bun</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Grilled Chicken Salad w/ Bread</li> <li>• Potato Wedges</li> <li>• 100% Fruit Juice</li> </ul>	<p><b>January 18th</b></p> <ul style="list-style-type: none"> <li>#1 Pepperoni Pinwheel</li> <li>#2 Crispy Chicken Sandwich</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Baked Beans</li> <li>• Raisins/Craisins</li> </ul>	<p><b>January 19th</b></p> <ul style="list-style-type: none"> <li>#1 Cheese Pizza</li> <li>#2 Corn Dog Nuggets</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Grilled Chicken Salad w/ Bread</li> <li>• Vegetable Medley</li> <li>• Applesauce</li> </ul>
<p><b>January 22nd</b></p> <ul style="list-style-type: none"> <li>#1 Goulash w/Garlic Toast</li> <li>#2 Cheeseburger</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Crispy Chicken Salad w/ Bread</li> <li>• Steamed Broccoli</li> <li>• Mandarin Oranges</li> </ul>	<p><b>January 23rd</b></p> <ul style="list-style-type: none"> <li>#1 Pulled Pork Sandwich</li> <li>#2 Chicken Nuggets w/Bread</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Baked Beans</li> <li>• Banana</li> </ul>	<p><b>January 24th</b></p> <ul style="list-style-type: none"> <li>#1 Taco Potato Bowl w/Garlic Toast</li> <li>#2 Hotdog on a Bun</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Crispy Chicken Salad w/ Bread</li> <li>• Mashed Potatoes</li> <li>• Pears</li> </ul>	<p><b>January 25th</b></p> <ul style="list-style-type: none"> <li>#1 Grilled Cheese &amp; Tomato Soup</li> <li>#2 Crispy Chicken Sandwich</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Peas</li> <li>• Red Delicious Apple</li> </ul>	<p><b>January 26th</b></p> <ul style="list-style-type: none"> <li>#1 Pepperoni Pizza</li> <li>#2 Corn Dog Nuggets</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Crispy Chicken Salad w/ Bread</li> <li>• Green Beans</li> <li>• Pineapple Tidbits</li> </ul>
<p><b>January 29th</b></p> <ul style="list-style-type: none"> <li>#1 General Tso Chicken Bowl</li> <li>#2 Cheeseburger</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Chef's Salad w/ Bread</li> <li>• Steamed Broccoli</li> <li>• 100% Fruit Juice</li> </ul>	<p><b>January 30th</b></p> <ul style="list-style-type: none"> <li>#1 Ham &amp; Cheese Melt</li> <li>#2 Chicken Nuggets w/Bread</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Parfait w/ Crackers &amp; String Cheese</li> <li>• Potato Wedges</li> <li>• Apple Slices</li> </ul>	<p><b>January 31st</b></p> <ul style="list-style-type: none"> <li>#1 Meatball Hoagie</li> <li>#2 Hotdog on a Bun</li> <li>#3 PB &amp; J Sandwich</li> <li>#4 Chef's Salad w/ Bread</li> <li>• <u>Roasted Ranch Chickpeas</u></li> <li>• Peaches</li> </ul>		