

Kosciusko School District

Lunch 9-12

Aug 30, 2019

Kosciusko High School

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 Holiday	Sep - 3 Boniss Buffalo Chx 15 Ham & Cheese/Bun 32 Chicken Salad Plate 20 Lima Beans 22 Squash 6 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Cornbread 35 Ranch Dressing 8 Condiments 1 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Chocolate FF Milk 19 Vanilla FF Milk 22	Sep - 4 Spaghetti w/Meat 39 Corn Dog 31 Chicken Salad Plate 20 WK Corn 20 Creamy Coleslaw 11 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Garlic Toast 15 Ketchup 3 Juice box w straw 13 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 5 Nacho Bites 32 Chef Salad 18 Chicken Salad Plate 20 Sweet Potato FF 18 Green Peas 15 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Hot Sauce 0 Taco Sauce 1 Croutons 14 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 6 Chicken Tenders 17 Turkey/Che/Bun 31 Chicken Salad Plate 20 Mashed Potatoes 16 Black-Eyed Peas 29 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Yeast Roll 31 Dipping Sauce 8 Ketchup 3 Condiments 1 Juice box w straw 13 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19
Sep - 9 Hamburger 34 Mandarin Chicken 31 Tuna Salad Plate 20 Stir Fried Rice 25 Straight Fries 15 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Condiments 1 Ketchup 3 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 10 BBQ Chicken 3 Ham & Cheese/Bun 32 Tuna Salad Plate 20 Seasoned Cabbage 6 Turnip Greens 4 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Cornbread 35 Barbecue Sauce 4 Condiments 1 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 11 Nachos Grande 25 Chix Patty/Bun 46 Tuna Salad Plate 20 Pinto Beans 26 WK Corn 20 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Salsa 2 Taco Sauce 1 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 12 Grilled Chix Sal 32 Corn Dog Nuggets 28 Tuna Salad Plate 20 Yam Patties 28 Lima Beans 22 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Ketchup 3 Mustard 1 Crackers 18 Croutons 14 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 13 Stuffed Crust Pizza 36 Turk & Chz Hoagie 31 Tuna Salad Plate 20 GreenBeansPotato 8 Raw Veggies w/Dip 7 Fresh Fruit Bowl 22 Chilled Fruit 17 Marinara Sauce 4 Condiments 1 Ranch Dressing 8 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19
Sep - 16 Hamb.Steak/Gravy 4 Spicy Chicken Sand 40 Chicken Salad Plate 20 Mac and Cheese 19 Black-Eyed Peas 29 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Yeast Roll 31 Condiments 1 Crackers 18 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 17 Honey BBQ Chix 31 Beef-A-Roni 26 Chicken Salad Plate 20 Turnip Greens 4 Toss Salad w/ Drsg 7 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Dipping Sauce 8 Hot Sauce 0 Crackers 18 Croutons 9 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 18 Chili Chz w/Chips 24 Hot Dog 26 Chicken Salad Plate 20 Creamy Coleslaw 11 WK Corn 20 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Hot Sauce 0 Taco Sauce 1 Condiments 1 Crackers 18 Croutons 9 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 19 Mar.MeatballsBun 38 Chef Salad 18 Chicken Salad Plate 20 Sweet Potato FF 18 Cheesy Broccoli 8 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Marinara Sauce 4 Crackers 18 Croutons 9 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 20 Chicken Nuggets 16 Ham & Cheese/Bun 32 Chicken Salad Plate 20 Crinkle Cut Fries 12 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Banana Pudding 37 Dipping Sauce 8 Ketchup 3 Condiments 1 Crackers 18 Croutons 9 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19

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.

Kosciusko School District

Lunch 9-12

Aug 30, 2019

Kosciusko High School

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 23 BBQ Rib Bun 45 Buffalo Hot Wings Tuna Salad Plate 20 Baked Beans 37 Creamy Coleslaw 11 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Barbecue Sauce 4 Hot Sauce 0 Ranch Dressing 8 Crackers 18 Croutons 9 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 24 Cheesy Chix/Rice 30 Hamburger 34 Tuna Salad Plate 20 Straight Fries 15 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Cornbread 35 Condiments 1 Ketchup 3 Choc. Chip Muffin 26 Juice box w straw 13 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 25 Meatloaf Grill Chx Sand 33 Tuna Salad Plate 20 Mashed Potatoes 16 Black-Eyed Peas 29 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Yeast Roll 31 Ketchup 3 Condiments 1 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 26 Cowboy Dip/chip 23 Chicken Tender Sal 20 Tuna Salad Plate 20 Lima Beans 22 Tater Tots 18 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Hot Sauce 0 Crackers 18 Juice box w straw 13 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19	Sep - 27 Mexican Pizza 30 Turkey/Che/Bun 31 Tuna Salad Plate 20 WK Corn 20 Pinto Beans 26 Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Marinara Sauce 4 Ranch Dressing 8 Condiments 1 Pudding 23 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19
Sep - 30 Beef Ravioli 31 Spicy Chicken Sand 40 Chicken Salad Plate 20 Spicy Fries Raw Veggies w/Dip 7 Chilled Fruit 17 Fresh Fruit Bowl 22 Crackers 18 Condiments 1 Ketchup 3 Juice box w straw 13 Low Fat Milk 11 Strawberry FF Milk 22 Vanilla FF Milk 22 Chocolate FF Milk 19				

**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.