






**Kennewick S.D. Middle Schools
October 2011**



	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast \$1.40 Reduced: Free Lunch \$2.50 Reduced: \$.40	3 Turkey Wrap	4 Macaroni & Cheese	5 Teriyaki Dippers	6 Enchiladas	7 Hot Dog on a Bun
	10 Chicken Cordon Bleu	11 Chicken Soft Taco	12 General Tso's Chicken	13 Chili Fritos	14 Turkey Corn Dog
	17 Breakfast Burrito	18 Teriyaki Burger	19 Orange Chicken	20 Turkey Gravy	21 Chicken Sliders
	24 Rib B-Que	25 Spaghetti & Meatballs	26 Chicken Nuggets	27 Chicken Taco Soup	28 Burritos
	31 Turkey Corn Dog				
	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
	Pepperoni Pizza Cheese Pizza Taco or Chicken Garlic Pizza	Pepperoni Pizza Cheese Pizza Sausage Pizza	Pepperoni Pizza Cheese Pizza Supreme Pizza	Pepperoni Pizza Cheese Pizza Sausage Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza
	Make your own crispy salad from fresh ingredients including romaine or iceberg lettuce, lean chicken or turkey ham, grated low fat cheeses, and a medley of garden fresh vegetables.		Build your own sandwiches on Hoagie Rolls baked fresh in our kitchen. Choose from lean turkey, tuna salad, turkey ham, a variety of cheeses, and a market basket of garden fresh veggies. Week of 10/3, 10/24.		
	Everyday a garden variety of produce is available to accompany your lunch—you choose what you want and how much! Among the choices are fresh fruits, garden fresh greens.		WHAT COMES WITH A COMPLETE MEAL? Every day all lunches come with an entrée and at least one other item. Other items include a variety of fresh & canned fruit, 2-3 kinds of veggies, a side salad and fat free or low fat milk.		
Milk	A variety of milk is available with each meal.		<small>In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</small>		