

**Nutrition Bytes** – Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy.

A variety of milk (1% and Fat Free Chocolate) is offered at each meal.

Menu is *Subject to Change*

# SCHOOL LUNCH

Kewaskum  
Elementary Schools  
September 2023

*Any questions or concerns about the Nutrition Services Program?*

Please contact:

Nutrition Services Director: Terri Miller  
(262)626-3063 or

[TMiller@kewaskumschools.org](mailto:TMiller@kewaskumschools.org)

## LUNCH PRICES

Student Paid:	\$2.75
Reduced:	\$.40
Milk:	\$.40
Adult Lunch:	\$4.30

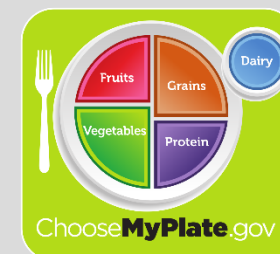
Cost per week: \$13.75  
Cost per month (20days): \$55.00

Parents, please make checks payable to Child Nutrition. Bring checks to school office or mail to:

Child Nutrition c/o Kewaskum High School  
1510 Bilgo Lane  
Kewaskum, WI 53040

If your account should fall below \$10.00 you will receive a notice or a payment envelope.

Each student/staff member is issued a 4 – digit PIN/I.D. number which corresponds with their lunch



## Harvest of the Month Watermelon

Find Recipes on our School Website under Nutrition Services

**Labor Day**  
(No School)

4

### 1 – Cheeseburger

French Fries, Baked Beans, Fresh Apple Slices

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

5

### 1 – Turkey & Gravy

Mashed Potatoes, Steamed Carrots, Cinnamon Applesauce

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

6

1 – Mini Pancakes & Cheese Omelet, Tater Tots, Sugar Snap Peas, Mixed Fruit

### 2 – Turkey Sub Lunch

Turkey & Cheese Sub, Strawberry Applesauce, Assorted Veggies

7

1 – Pepperoni Pizza Seasoned Peas, Fresh Cauliflower, Strawberries

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

8

11

1 – Bacon Cheeseburger French Fries, Baked Beans, Fresh Apple Slices

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

12

### 1 – K-Town Breaded Chicken

Sandwich, Steamed Carrots, Fresh Broccoli, Diced Peas

### 2 – Banana Bread Lunch

Banana Bread, Yogurt, Diced Peas, Assorted Veggies

Treat (for both) – *Choc Chip Cookie* <sup>PTN</sup>

13

1 – Nachos (Taco Meat, Refried Beans, Cheese Sauce), Buttered Corn, Celery Sticks, Mixed Fruit

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

14

1 – Bacon, Egg, & Cheese Croissant, Tater Tots, Sliced Cucumbers, Fresh Orange Smiles

### 2 – Ham Sub Lunch

Ham & Cheese Sub, Cinnamon Applesauce, Assorted Veggies

15

1 – Pizza Sticks w/ Marinara Sauce, Cheesy Broccoli, Mini Peppers, Diced Peaches

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

18

1 – Mini Corn Dogs Baked Beans, Seasoned Peas, Fresh Apple Slices

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

19

1 – Popcorn Chicken & Macaroni & Cheese, Roasted Broccoli, Sliced Cucumbers, Mixed Fruit

### 2 – Banana Bread Lunch

Banana Bread, Yogurt, Diced Peas, Assorted Veggies

Treat (for both) – *Smoothie Poo* <sup>PTN</sup>

20

1 – Chicken Nuggets Mashed Potatoes, Buttered Corn, Diced Peaches

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

21

1 – French Toast Sticks Sausage Patty, Tater Tots, Fresh Baby Carrots, Apple Juice

### 2 – Turkey Sub Lunch

Turkey & Cheese Sub, Strawberry Applesauce, Assorted Veggies

22

### 1 – Pizza Munchable

Flatbread, Pepperoni, Mozzarella Cheese, Marinara Sauce, Fresh Apple Slices, Assorted Veggies

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

25

1 – Grilled Cheese & Chicken Noodle Soup, French Fries, Baked Beans, Fresh Apple Slices

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

26

### 1 – Hot Dog

Tater Tots, Sliced Cucumbers, Diced Peas

### 2 – Banana Bread Lunch

Banana Bread, Yogurt, Diced Peas, Assorted Veggies

Treat (for both) – *Oreos* <sup>PTN</sup>

27

1 – Soft Shell Tacos (Taco Meat, Refried Beans), Buttered Corn, Grape Tomatoes, Mixed Fruit

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

28

### 1 – Peanut Butter Dipper

Peanut Butter Cup, Fresh Apple Slices, Baby Carrots, Celery Sticks, Cheese Stick, Pretzels, Graham Treat

### 2 – Ham Sub Lunch

Ham & Cheese Sub, Cinnamon Applesauce, Assorted Veggies

29

1 – Bosco Sticks w/ Marinara Sauce, Steamed Green Beans, Fresh Baby Carrots, Rosy Applesauce

### 2 – Fun Lunch

Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

ARE YOU AWESOME?

# WE'RE HIRING!

## Nutrition Services is Hiring!

Looking for high energy, fun-loving, detailed individuals. It's perfect for individuals looking for something to do while their children are at school! Contact Terri Miller, Food Service Director, for more details.

V = Vegetarian    WG = Whole Grain    N = Contains Nuts    TN = Contains Tree Nuts    PTN = Produced in Plant Containing Nuts/Tree Nuts

\*Menu Subject to Change

This Institution is an Equal Opportunity Provider