



KANKAKEE VALLEY MIDDLE SCHOOL
GRAB N' GO LUNCH MENU

HAM OR TURKEY SUB SANDWICH
Served with romaine lettuce and cheese

UNCRUSTABLE SANDWICH (Strawberry or Grape)
Served with a cheese stick and Goldfish Crackers



CHEF SALAD
Served with chicken, tomatoes, cucumber, cheese, croutons, and Roll

BUFFALO or RANCH CHICKEN WRAPS
Served on a whole wheat tortilla with lettuce and cheese

YOGURT FRUIT PARFAIT (Tuesday and Thursdays)
Low-Fat Yogurt topped with Granola and Fruit

ALL MEALS COME WITH CHOICE OF:

- Baby Carrots or Broccoli Florets or Celery Sticks with dip
or Black Bean Corn Salad
- Fresh Fruit or Strawberry or Peach Cup or Canned Fruit or Juice
 - Cookie (Every other Thursday)
 - Milk

Students may choose two fruits and two vegetables with each meal.

Menus are Subject to Change
"This institution is an equal opportunity provider"