


# KENNEDY HS (PREP) PREP Grades 6-12 LUNCH (Subject To Change) - Sep, 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: right;">1</p>  <p>California Admission Day - Holiday</p>



Labor Day

4	<p>Grande Burger Loaded Cheeseburger Western Cheeseburger Mac N Cheese Chinese Chicken Salad with Dressing Hawaiian Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato Walking Taco Nachos Cafe LA Salad Thick Cut Fries Fresh Fruit Fruit Juice <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	5	<p>Bean and Cheese Pupusa Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Chicken Caesar Salad Artisan Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato Yangs Orange Chicken and Broccoli Rice Bowl Baby Carrots Cherry Smooth Cup Fresh Fruit Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	6	<p>Beef Chalupa Cheezit Crackers Cheesy Garlic Bread Chinese Chicken Salad with Dressing Hawaiian Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato BBQ TURKEY SANDWICH Prep Celery Sticks Berry Berry Blue Vegetable Slush  Pluot Applesauce <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	7	<p>Spicy Breaded Chicken Sandwich Crispy Chicken Sandwich CHIK'N SANDWICH PREP Chicken Caesar Salad Artisan Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato BEEF CRUMBLE PIZZA WEDGE (PREP) Cafe LA Salad Thick Cut Fries Fresh Fruit Raspberry Passion Fruit Slush <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	8
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FRESH PICKLES Prep  
 All Star Turkey Hotdog  
 Managers Choice Smoothie  
 Granola  
**Yogurt Parfait - Manager's Choice**  
 Yogurt Parfait Blueberries  
 Yogurt Parfait Strawberries  
 Granola  
 Mexicali Salad with Dressing  
 Tostitos Chips  
**Manager's Choice Sandwich Options**  
 Turkey Ham and Cheese Sandwich Grab n Go  
 Turkey Breast and Cheese Sandwich  
 Yellow Submarine Sandwich  
 Tuna Sandwich  
 Lettuce and Tomato  
 Turkey Taco Nada  
 Baby Carrots  
 Orange Medley Juice  
 Fresh Fruit  
 Mixed Berry Pop  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat

11 Oven Fried Chicken Drumstick 12  
 Honey Biscuit  
 Mac N Cheese  
 Chinese Chicken Salad with Dressing  
 Hawaiian Roll  
**Manager's Choice Sandwich Options**  
 Turkey Ham and Cheese Sandwich Grab n Go  
 Turkey Breast and Cheese Sandwich  
 Yellow Submarine Sandwich  
 Tuna Sandwich  
 Lettuce and Tomato  
 Walking Taco Nachos  
 Cafe LA Salad  
 Thick Cut Fries  
 Fresh Fruit  
 Fruit Juice  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat

13 Nashville Hot Tenders  
 Honey Biscuit  
 CHICKEN BREAST TENDERS  
 RICH CHICKS Prep  
 Managers Choice Smoothie  
 Granola  
**Yogurt Parfait - Manager's Choice**  
 Yogurt Parfait Blueberries  
 Yogurt Parfait Strawberries  
 Granola  
 Chicken Caesar Salad  
 Artisan Roll  
**Manager's Choice Sandwich Options**  
 Turkey Ham and Cheese Sandwich Grab n Go  
 Turkey Breast and Cheese Sandwich  
 Yellow Submarine Sandwich  
 Tuna Sandwich  
 Lettuce and Tomato  
 SALISBURY STEAK MASHED  
 POTATO BOWL WFRESH  
 BROCCOLI Prep  
 Cooked Edamame (PREP)  
 Baby Carrots  
 Fresh Fruit  
 Mixed Berry Pop  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat

14 Pepperoni Pizza Wedge  
 Cheese Pizza Wedge  
 Chinese Chicken Salad with Dressing  
 Hawaiian Roll  
**Manager's Choice Sandwich Options**  
 Turkey Ham and Cheese Sandwich Grab n Go  
 Turkey Breast and Cheese Sandwich  
 Yellow Submarine Sandwich  
 Tuna Sandwich  
 Lettuce and Tomato  
 BBQ TURKEY SANDWICH Prep  
 FRESH COLESLAW Prep  
 Celery Sticks  
 Tropical Veggie Slush  
 Pear  
 Fruit Juice  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat

15 Beef and Cheese Taquitos  
 FRESH SALSA Prep  
 Bean and Cheese Pupusa  
 FRESH CURTIDO Prep  
 Chicken Caesar Salad  
 Artisan Roll  
**Manager's Choice Sandwich Options**  
 Turkey Ham and Cheese Sandwich Grab n Go  
 Turkey Breast and Cheese Sandwich  
 Yellow Submarine Sandwich  
 Tuna Sandwich  
 Lettuce and Tomato  
 TURKEY POT ROAST MASHED  
 POTATO BOWL WFRESH  
 CARROTS Prep  
 Cafe LA Salad  
 Thick Cut Fries  
 Fresh Fruit  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat  
 Raspberry Passion Fruit Slush

<p>Beef and Cheese Burrito FRESH SALSA Prep Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Mexicali Salad with Dressing Tostitos Chips <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato Meatball Sub Sandwich Baby Carrots Orange Medley Juice Fresh Fruit Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>Grande Burger Loaded Cheeseburger Western Cheeseburger FRESH PICKLES Prep Mac N Cheese Chinese Chicken Salad with Dressing Hawaiian Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato Walking Taco Nachos Cafe LA Salad Thick Cut Fries Fresh Fruit Fruit Juice <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>Bean and Cheese Pupusa FRESH CURTIDO Prep Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Chicken Caesar Salad Artisan Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato Yangs Orange Chicken and Broccoli Rice Bowl Baby Carrots Cooked Edamame (PREP) Fresh Fruit Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>Beef Chalupa FRESH SALSA Prep Cheezit Crackers Cheesy Garlic Bread Chinese Chicken Salad with Dressing Hawaiian Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato BREADED PORK STEAK SANDWICH (PREP) Pear <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat FRESH COLESLAW Prep Fruit Juice Celery Sticks Tropical Veggie Slush</p>	<p>SPICY CHICKEN FILET SANDWICH RICH CHICKS Prep CHICKEN FILET SANDWICH RICH CHICKS Prep FRESH PICKLES Prep Three Cheese Calzone Chicken Caesar Salad Artisan Roll <b>Manager's Choice Sandwich Options</b> Turkey Ham and Cheese Sandwich Grab n Go Turkey Breast and Cheese Sandwich Yellow Submarine Sandwich Tuna Sandwich Lettuce and Tomato BEEF CRUMBLE PIZZA WEDGE (PREP) Cafe LA Salad Thick Cut Fries Fresh Fruit Raspberry Passion Fruit Slush <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

**Menus are Subject to Change**  
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