

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
October 2023

Any questions or concerns about the Nutrition Services Program?

Please contact:

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

TMiller@kewaskumschools.org

LUNCH PRICES

Student Paid:	\$2.75
Reduced:	\$.40
Milk:	\$.40
Adult Lunch:	\$4.20

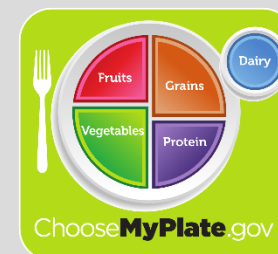
Cost per week: \$13.75
Cost per month (20days): \$55.00

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



Choose **MyPlate**.gov

Harvest of the Month

Apples

Find Recipes on our School Website under Nutrition Services

1 – Chicken Nuggets
Sweet Potato Fries, Baked Beans, Fresh Apple Slices

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Mini Pizza Bagels
Garlic Roasted Broccoli, Sliced Cucumbers, Grapes

2 – Banana Bread Lunch
Banana Bread, Yogurt, Diced Pears, Assorted Veggies
Treat (for both) – Ice Cream Sand. PTN

1 – Turkey Pot Pie & Biscuit
Mashed Potatoes, Warm Cinnamon Applesauce

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

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

2 – Turkey Sub Lunch
Turkey & Cheese Sub, Strawberry Applesauce, Assorted Veggies

1 – French Bread Pizza
Steamed Peas, Fresh Cauliflower, Strawberries

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Mario's Bacon Cheeseburger
Toad's French Fries, Yoshi's Baked Beans, Pink Gold Peach's Apple Slices

2 – Luigi's Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Ms Pac-Man's Breaded Chicken Sandwich, Bashful Green Beans, Blinky Baby Carrots, Clyde's Diced Pears

2 – Bashful's Banana Bread Lunch
Treat (for both) – Yum Yum Cookie PTN

1 – Minecraft Walking Tacos (Taco Meat, Refried Beans), Enderman Corn, Axel Cucumbers, Olivia's Rosy Applesauce

2 – Blaze's Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Donkey Kong Breakfast
Croissant, Tater Tots, Grape Tomatoes, Fresh Orange Smiles

2 – Candy's Ham Sub Lunch
Ham & Cheese Sub, Cinnamon Applesauce, Assorted Veggies

1 – Pac Man Pizza Sticks, Marinara Sauce, Cheesy Broccoli, Mini Peppers, Diced Peaches

2 – Ghostly Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

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

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Popcorn Chicken
Macaroni & Cheese, Garlic Roasted Broccoli, Sliced Cucumbers, Diced Peaches

2 – Banana Bread Lunch
Banana Bread, Yogurt, Diced Pears, Assorted Veggies
Treat (for both) – Smoothie Pop PTN

1 – Chicken Nuggets, Mashed Potatoes, Steamed Carrots, Mixed Fruit

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

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

2 – Turkey Sub Lunch
Turkey & Cheese Sub, Strawberry Applesauce, Assorted Veggies

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

1 – BBQ Pulled Pork Sandwich, French Fries, Baked Beans, Fresh Apple Slices

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Hot Dog
Tater Tots, Fresh Broccoli, Diced Pears

2 – Banana Bread Lunch
Banana Bread, Yogurt, Diced Pears, Assorted Veggies
Treat (for both) – Oreos PTN

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

1 – Peanut Butter Dipper
Peanut Butter Cup, Fresh Apple Slices, Cheese Stick, Pretzels, Graham Treat (offered Baby Carrots & Celery Sticks)

2 – Ham Sub Lunch
Ham & Cheese Sub, Cinnamon Applesauce, Assorted Veggies

No School
(Professional Development Day)

1 – Chicken Nuggets
Sweet Potato Fries, Baked Beans, Fresh Apple Slices

2 – Fun Lunch
Uncrustable, String Cheese, Apple Slices, Assorted Veggies, Goldfish Crackers

1 – Mummy Pizza Bagels
Vampire Garlic Roasted Broccoli, Mad Scientist Cucumbers, Ghoulish Grapes

2 – Casper's Banana Bread Lunch
Treat – Witch's Hat Pudding Cup. PTN

LEVEL UP
WITH SCHOOL LUNCH

National School
Lunch Week
October 9 – October 13

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