

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



Monday	Tuesday	Wednesday	Thursday	Friday
		Bean and Cheese Pupusa ¹ Fresh Curtido THREE BEAN VEGAN CHILI (Vegan) Tostitos Chips Managers Choice Smoothie Granola Yogurt Parfait - Manager's Choice Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Parmesan Chicken Salad FF Prep Whole Wheat Crackers 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 Yangs Orange Chicken and Broccoli Rice Bowl Baby Carrots Fresh Persimmon Cooked Edamame (PREP) Mixed Berry Pop Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	Turkey Kielbasa Sausage Sandwich and Fresh Pickles Prep ² VEGAN BURRITO PREP Cheesy Garlic Bread Chinese Chicken Salad FF Prep 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 BREADED PORK STEAK SANDWICH (PREP) BBQ Pork Sandwich FRESH COLESLAW Prep Celery Sticks Tropical Trio Slush Fresh Fruit Fruit Juice Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	SPICY BREADED CHICKEN SANDWICH ³ Fresh Pickles Breaded Chicken Sandwich Foster Farms CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) Tostitos Chips Toasted Cheese Sandwich Parmesan Chicken Salad FF Prep Whole Wheat Crackers 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 Beef Crumble Pizza Wedge Cafe LA Salad Thick Cut Fries Fresh Fruit Raspberry Passion Fruit Slush Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat

<p>ZESTY BEEF CHALUPA TORTILLA CHIPS BULK Prep FRESH SALSA Prep CHIK'N SANDWICH (Vegan) 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 Beef and Cheese Burrito Baby Carrots Fresh Fruit Mixed Berry Pop Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>6 Loaded Cheeseburger Impossible Burger (Vegan) Fresh Pickles Mac N Cheese Parmesan Chicken Salad FF Prep Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat 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 Whole Wheat Crackers PICO DE GALLO Prep Cafe LA Salad Thick Cut Fries Fresh Fruit Fruit Juice</p>	<p>7 Nashville Hot Tenders Honey Biscuit Breaded Chicken Nuggets Foster Farms Cheese Pizza Wedge 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 FRESH SALSA Prep Baby Carrots Fresh Persimmon Mixed Berry Pop Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>8 VEGAN BURRITO PREP Managers Choice Smoothie Granola Yogurt Parfait - Manager's Choice Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Chinese Chicken Salad FF Prep 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 TURKEY MASHED POTATOES WITH FRESH BROCCOLI Prep Artisan Roll Celery Sticks Cooked Edamame (PREP) Fresh Fruit Fruit Juice Lunch Milk Options Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>9 10  Veterans Day</p>
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

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