

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



Monday	Tuesday	Wednesday	Thursday	Friday
Beef and Cheese Taquitos <sup>2</sup> FRESH SALSA Prep CHIK'N SANDWICH (Vegan) Managers Choice Smoothie Granola Mexicali Salad with Dressing <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola 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 Chicken Chorizo and Cheese Bolillo 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	CHICKEN BREAST TENDERS <sup>3</sup> RICH CHICKS Prep Honey Biscuit Impossible Burger (Vegan) 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	Bean and Cheese Pupusa <sup>4</sup> Fresh Curtido THREE BEAN VEGAN CHILI (Vegan) Tostitos Chips 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) Black Grapes Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	Turkey Kielbasa Sausage <sup>5</sup> Sandwich and Fresh Pickles Prep VEGAN BURRITO PREP 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) BBQ Pork Sandwich FRESH COLESLAW Prep Celery Sticks Tropical Veggie Slush Fresh Fruit Fruit Juice <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	SPICY CHICKEN FILET <sup>6</sup> SANDWICH RICH CHICKS Prep Fresh Pickles CHICKEN FILET SANDWICH RICH CHICKS Prep CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) Tostitos Chips 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 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>ZESTY BEEF CHALUPA TORTILLA CHIPS BULK Prep FRESH SALSA Prep CHIK'N SANDWICH (Vegan) 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 Beef and Cheese Burrito 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>9 Grande Burger Impossible Burger (Vegan) Loaded Cheeseburger Western Cheeseburger Fresh Pickles 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 PICO DE GALLO Prep 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>10 Nashville Hot Tenders Honey Biscuit CHICKEN BREAST TENDERS RICH CHICKS Prep THREE BEAN VEGAN CHILI (Vegan) Tostitos Chips Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Whole Wheat Crackers Chicken Caesar Salad <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 TURKEY MASHED POTATOES WITH FRESH BROCCOLI Prep Artisan Roll Baby Carrots Cooked Edamame (PREP) Green Grapes Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>11 Cheese Pizza Wedge Pepperoni Pizza Wedge VEGAN BURRITO PREP 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 Beef Rib Patty Sandwich with Pickles and Coleslaw Celery Sticks Tropical Veggie Slush 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>12 Beef Teriyaki and Fresh Carrots Rice Bowl CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) Tostitos Chips Bean and Cheese Pupusa Fresh Curtido Chicken Caesar Salad Whole Wheat Crackers <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 Turkey Taco Nada 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 FRESH SALSA Prep</p>	<p>13</p>
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Beef and Cheese Taquitos  
 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  
 Chicken Chorizo and Cheese Bolillo  
 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

16 CHICKEN BREAST TENDERS  
 RICH CHICKS Prep  
 Honey Biscuit  
 Impossible Burger (Vegan)  
 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  
 PICO DE GALLO Prep  
 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

17 Bean and Cheese Pupusa  
 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  
 Chicken Caesar Salad  
 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  
 Cooked Edamame (PREP)  
 Black Grapes  
 Mixed Berry Pop  
**Lunch Milk Options**  
 Milk NonFat  
 Milk Low Fat  
 Milk Lactose Free  
 Milk Chocolate NonFat  
 Milk Strawberry NonFat

18 Turkey Kielbasa Sausage Sandwich and Fresh Pickles Prep  
 VEGAN BURRITO PREP  
 Cheesy Garlic Bread  
 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  
 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

19 SPICY CHICKEN FILET SANDWICH RICH CHICKS Prep  
 Fresh Pickles  
 CHICKEN FILET SANDWICH  
 RICH CHICKS Prep  
 CHIK`N NUGGETS (Vegan)  
 Buffalo Chikn Nuggets (Vegan)  
 Tostitos Chips  
 Toasted Cheese Sandwich  
 Chicken Caesar Salad  
 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 <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 Beef and Cheese Burrito Baby Carrots 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>23 Grande Burger Impossible Burger (Vegan) Loaded Cheeseburger Western Cheeseburger Fresh Pickles 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 PICO DE GALLO Prep 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>24 Nashville Hot Tenders Honey Biscuit THREE BEAN VEGAN CHILI (Vegan) Tostitos Chips Breaded Chicken Nuggets Foster Farms Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Chicken Caesar Salad Whole Wheat Crackers <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 TURKEY MASHED POTATOES WITH FRESH BROCCOLI Prep Artisan Roll Baby Carrots Cooked Edamame (PREP) Green Grapes Fresh Apple Mixed Berry Pop <b>Lunch Milk Options</b> Milk NonFat Milk Low Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat</p>	<p>25 Pepperoni Pizza Wedge Cheese Pizza Wedge VEGAN BURRITO PREP Chinese Chicken Salad FF Prep 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 Beef Rib Patty Sandwich with Pickles and Coleslaw Celery Sticks Tropical Trio Slush 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>26 Beef Teriyaki and Fresh Carrots Rice Bowl CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) Tostitos Chips Bean and Cheese Pupusa Fresh Curtido Chicken Caesar Salad Whole Wheat Crackers <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 Turkey Taco Nada FRESH SALSA 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>
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Beef and Cheese Taquitos  
 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  
 Chicken Chorizo and Cheese Bolillo  
 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

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Pepperoni Pizza Wedge  
 Impossible Burger (Vegan)  
 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  
 PICO DE GALLO Prep  
 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

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## Menus are Subject to Change

This institution is an equal opportunity provider and employer