1/9/24, 2:25 PM Monthly Menu

KENNEDY HS (PREP) PREP Grades 6-12 LUNCH (Subject To Change) - Jan, 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Winter Break 2023	2	3	4	
Beef and Cheese Taquitos FRESH SALSA Prep Managers Choice Smoothie Granola Yogurt Parfait - Manager's Choice Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola MEXICALI SALAD TORTILLA CHIPS Prep 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 VEGAN BURRITO PREP 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	PORK RIB PATTY SANDWICH (PREP) FRESH COLESLAW Prep Mac N Cheese CAJUN CHICKEN SALAD CAJUN RANCH DRESSING Honey Biscuit 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 Tortilla Chips PICO DE GALLO Prep Impossible Burger (Vegan) Fresh Pickles Cafe LA Salad Thick Cut Fries Fresh Fruit Fruit Juice Lunch Milk Options Milk NonFat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	Bean and Cheese Pupusa Fresh Curtido Managers Choice Smoothie Granola Yogurt Parfait - Manager's Choice Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Parmesan Chicken Salad FF Prep 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 Yangs Orange Chicken and Broccoli Rice Bowl THREE BEAN VEGAN CHILI (Vegan) Tortilla Chips Super Food Salad Prep Cooked Edamame (PREP) Fresh Fruit Mixed Berry Pop Lunch Milk Options Milk NonFat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	Turkey Kielbasa Sausage Sandwich and Fresh Pickles 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 BBQ Beef Rib Patty Sandwich with Pickles and Coleslaw Chinese Vegan Chikn Salad Baby Carrots Tropical Trio Slush Fresh Fruit Fruit Juice Lunch Milk Options Milk NonFat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat	SPICY BREADED CHICKEN SANDWICH Fresh Pickles Breaded Chicken Sandwich Foster Farms Toasted Cheese Sandwich Parmesan Chicken Salad FF Prep 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 BEEF CRUMBLE PIZZA WEDGE (PREP) CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) 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

1/9/24, 2:25 PM Monthly Menu

19 Loaded Cheeseburger **Breaded Chicken Nuggets** Pepperoni Pizza Wedge Chicken Yakisoba & Egg Roll Fresh Pickles Foster Farms Managers Choice Smoothie Mac N Cheese Toasted Cheese Sandwich Honey Biscuit Granola Parmesan Chicken Salad FF Prep CAJUN CHICKEN SALAD Bean and Cheese Pupusa Yogurt Parfait - Manager's Artisan Roll CAJUN RANCH DRESSING Fresh Curtido Choice Manager's Choice Sandwich Honey Biscuit Parmesan Chicken Salad FF Prep Yogurt Parfait Blueberries Options Turkey Ham and Cheese Manager's Choice Sandwich Artisan Roll Yogurt Parfait Strawberries Sandwich Grab n Go Options Manager's Choice Sandwich Granola Turkey Ham and Cheese Options Turkey Breast and Cheese Sandwich Grab n Go Turkey Ham and Cheese Chinese Chicken Salad FF Prep Sandwich Sandwich Grab n Go Hawaiian Roll Turkey Breast and Cheese Yellow Submarine Sandwich Manager's Choice Sandwich Sandwich Turkey Breast and Cheese Options Tuna Sandwich Sandwich Yellow Submarine Sandwich Turkey Ham and Cheese Lettuce and Tomato Yellow Submarine Sandwich Tuna Sandwich Sandwich Grab n Go Turkey Taco Nada Tuna Sandwich Lettuce and Tomato Turkey Breast and Cheese FRESH SALSA Prep Lettuce and Tomato Sandwich WALKING TACO NACHOS CHIK'N NUGGETS (Vegan) PICO DE GALLO Prep Beef and Cheese Burrito Yellow Submarine Sandwich Buffalo Chikn Nuggets (Vegan) Impossible Burger (Vegan) FRESH SALSA Prep Cafe LA Salad Tuna Sandwich **Baby Carrots** Vegan Teriyaki Carrot Rice Bowl Thick Cut Fries Lettuce and Tomato Thick Cut Fries Super Food Salad Prep Fresh Fruit Raspberry Passion Fruit Slush Fresh Fruit Cooked Edamame (PREP) BBQ Beef Rib Patty Sandwich Fruit Juice Fresh Fruit with Pickles and Coleslaw **Lunch Milk Options** Mixed Berry Pop **VEGAN BURRITO PREP Lunch Milk Options** Milk NonFat Milk NonFat **Lunch Milk Options** FRESH SALSA Prep Milk I ow Fat Milk NonFat **Baby Carrots** Milk Low Fat Milk Lactose Free Tropical Trio Slush Milk Low Fat Milk Lactose Free Fresh Fruit Milk Chocolate NonFat Milk Lactose Free Milk Chocolate NonFat **Lunch Milk Options** Milk Strawberry NonFat Milk Chocolate NonFat Milk NonFat Milk Strawberry NonFat Milk Strawberry NonFat Milk I ow Fat Milk Lactose Free Milk Chocolate NonFat Milk Strawberry NonFat

1/9/24, 2:25 PM Monthly Menu

26 Turkey Kielbasa Sausage Yangs Orange Chicken and Bean and Cheese Pupusa Spicy Breaded Chicken Beef and Cheese Taquitos FRESH SALSA Prep Broccoli Rice Bowl Fresh Curtido Sandwich and Fresh Pickles Prep Sandwich Managers Choice Smoothie Toasted Cheese Sandwich Managers Choice Smoothie Cheesy Garlic Bread Fresh Pickles Granola CAJUN CHICKEN SALAD Granola Chinese Chicken Salad FF Prep Breaded Chicken Sandwich Foster CAJUN RANCH DRESSING Yogurt Parfait - Manager's Yogurt Parfait - Manager's Hawaiian Roll Farms Choice Honey Biscuit Choice Manager's Choice Sandwich Mac N Cheese Parmesan Chicken Salad FF Prep Yogurt Parfait Blueberries Manager's Choice Sandwich Yogurt Parfait Blueberries Options Turkey Ham and Cheese Options Artisan Roll Yogurt Parfait Strawberries **Yogurt Parfait Strawberries** Turkey Ham and Cheese Sandwich Grab n Go Manager's Choice Sandwich Granola Granola Sandwich Grab n Go **Options** Turkey Breast and Cheese MEXICALISALAD TORTILLA Parmesan Chicken Salad FF Prep Turkey Ham and Cheese Turkey Breast and Cheese Sandwich Artisan Roll Sandwich Grab n Go CHIPS Prep Sandwich Yellow Submarine Sandwich Manager's Choice Sandwich Manager's Choice Sandwich Turkey Breast and Cheese Yellow Submarine Sandwich Tuna Sandwich **Options Options** Sandwich Turkey Ham and Cheese Tuna Sandwich Turkey Ham and Cheese Lettuce and Tomato Yellow Submarine Sandwich Sandwich Grab n Go Sandwich Grab n Go Lettuce and Tomato BEFE CRUMBI E PIZZA WEDGE Tuna Sandwich Turkey Breast and Cheese Turkey Breast and Cheese Walking Taco Nachos (PREP) Sandwich Sandwich Lettuce and Tomato PICO DE GALLO Prep Chinese Vegan Chikn Salad Yellow Submarine Sandwich Impossible Burger (Vegan) Yellow Submarine Sandwich **Baby Carrots** Beef and Cheese Burrito Cafe I A Salad Tropical Trio Slush FRESH SALSA Prep Tuna Sandwich Tuna Sandwich Cooked Edamame (PREP) Fresh Fruit CHIK'N NUGGETS (Vegan) Lettuce and Tomato Lettuce and Tomato Fresh Fruit Fruit Juice Buffalo Chikn Nuggets (Vegan) Chicken Chorizo and Cheese Fruit Juice BBQ Beef Rib Patty Sandwich **Lunch Milk Options** Cafe LA Salad **Lunch Milk Options** Bolillo with Pickles and Coleslaw Milk NonFat Thick Cut Fries **VEGAN BURRITO PREP** Milk NonFat THREE BEAN VEGAN CHILI Fresh Fruit Milk I ow Fat Baby Carrots (Vegan) Raspberry Passion Fruit Slush Milk Low Fat Milk Lactose Free Orange Medley Juice Tortilla Chips **Lunch Milk Options** Milk Lactose Free Super Food Salad Prep Fresh Fruit Milk Chocolate NonFat Milk NonFat Mixed Berry Pop Milk Chocolate NonFat Thick Cut Fries Milk I ow Fat Milk Strawberry NonFat **Lunch Milk Options** Fresh Fruit Milk Strawberry NonFat Milk Lactose Free Milk NonFat Mixed Berry Pop **Lunch Milk Options** Milk Chocolate NonFat Milk Low Fat Milk NonFat Milk Strawberry NonFat Milk Lactose Free Milk Low Fat Milk Chocolate NonFat Milk Lactose Free Milk Strawberry NonFat Milk Chocolate NonFat Milk Strawberry NonFat 29

Menus are Subject to Change

This institution is an equal opportunity provider and employer