

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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>Winter Break 2023</b>				
8	9	10	11	12
Beef and Cheese Taquitos FRESH SALSA Prep Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola MEXICALI SALAD TORTILLA CHIPS Prep <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 Chicken Chorizo and Cheese Bolillo VEGAN BURRITO PREP 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	PORK RIB PATTY SANDWICH (PREP) FRESH COLESLAW Prep Mac N Cheese CAJUN CHICKEN SALAD CAJUN RANCH DRESSING Honey Biscuit <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 Tortilla Chips PICO DE GALLO Prep Impossible Burger (Vegan) Fresh Pickles 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 Fresh Curtido Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Parmesan Chicken Salad FF Prep 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 THREE BEAN VEGAN CHILI (Vegan) Tortilla Chips Super Food Salad Prep 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	Turkey Kielbasa Sausage Sandwich and Fresh Pickles Prep Cheesy Garlic Bread 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 Chinese Vegan Chikn Salad Baby Carrots 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	SPICY BREADED CHICKEN SANDWICH Fresh Pickles Breaded Chicken Sandwich Foster Farms Toasted Cheese Sandwich Parmesan Chicken Salad FF Prep 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) CHIK`N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) 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>15 Loaded Cheeseburger          Fresh Pickles          Toasted Cheese Sandwich          CAJUN CHICKEN SALAD          CAJUN RANCH DRESSING          Honey Biscuit  <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          Impossible Burger (Vegan)          Baby Carrots          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>16 Breaded Chicken Nuggets          Foster Farms          Honey Biscuit          Bean and Cheese Pupusa          Fresh Curtido          Parmesan Chicken Salad FF Prep          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 and Cheese Burrito          FRESH SALSA Prep          Vegan Teriyaki Carrot Rice Bowl          Super Food Salad Prep          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>17 Pepperoni Pizza Wedge          Managers Choice Smoothie          Granola  <b>Yogurt Parfait - Manager's Choice</b>          Yogurt Parfait Blueberries          Yogurt Parfait Strawberries          Granola          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          VEGAN BURRITO PREP          FRESH SALSA Prep          Baby Carrots          Tropical Trio Slush          Fresh Fruit  <b>Lunch Milk Options</b>          Milk NonFat          Milk Low Fat          Milk Lactose Free          Milk Chocolate NonFat          Milk Strawberry NonFat</p>	<p>18 Chicken Yakisoba &amp; Egg Roll          Mac N Cheese          Parmesan Chicken Salad FF Prep          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          Turkey Taco Nada          FRESH SALSA Prep          CHIK'N NUGGETS (Vegan)          Buffalo Chikn Nuggets (Vegan)          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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<p>Beef and Cheese Taquitos FRESH SALSA Prep Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola MEXICALI SALAD TORTILLA CHIPS Prep <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 VEGAN BURRITO PREP 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>22</p>	<p>Yang's Orange Chicken and Broccoli Rice Bowl Toasted Cheese Sandwich CAJUN CHICKEN SALAD CAJUN RANCH DRESSING Honey Biscuit <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 Impossible Burger (Vegan) Cafe LA Salad Cooked Edamame (PREP) 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>23</p>	<p>Bean and Cheese Pupusa Fresh Curtido Managers Choice Smoothie Granola <b>Yogurt Parfait - Manager's Choice</b> Yogurt Parfait Blueberries Yogurt Parfait Strawberries Granola Parmesan Chicken Salad FF Prep 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 BBQ Beef Rib Patty Sandwich with Pickles and Coleslaw THREE BEAN VEGAN CHILI (Vegan) Tortilla Chips Super Food Salad Prep Thick Cut Fries 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>24</p>	<p>Turkey Kielbasa Sausage Sandwich and Fresh Pickles Prep Cheesy Garlic Bread 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 BEEF CRUMBLE PIZZA WEDGE (PREP) Chinese Vegan Chikn Salad Baby Carrots 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>25</p>	<p>Spicy Breaded Chicken Sandwich Fresh Pickles Breaded Chicken Sandwich Foster Farms Mac N Cheese Parmesan Chicken Salad FF Prep 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 and Cheese Burrito FRESH SALSA Prep CHIK'N NUGGETS (Vegan) Buffalo Chikn Nuggets (Vegan) 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>26</p>
	<p>29</p>		<p>30</p>		<p>31</p>				

**Menus are Subject to Change**

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