APRIL | 2019

Kent City Elementary Lunch – Feeding Bodies-Fueling Minds

View your child's account history or Make deposits at www.sendmoneytoschool.com

Breakfast is Free to all Elementary Students! Served at 7:30 am Daily. Start your day with a Healthy Breakfast!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Please send lunch money in a sealed envelope with the child's first and last name please. Thank you!	2 To make online deposits Please go to: Sendmoneytoschool.com Foodservice or the office can provide your child's student ID number.	3	4	5 Your Meal Includes: *Meat/Protein *Bread/Grain *Vegetable *Fruit and *Milk
8 Chicken Fries Colossal Crispy Fries WG Dinner Roll Fruit and Veggie Bar	9 Nachos Deluxe: Or Burrito Steamed Broccoli Five Layer Bean Dip Fruit and Veggie Bar	10 Macaroni and Cheese Steamed Green Beans Soft Pretzel Fruit and Veggie Bar	11 Hot Dog WG Bun Emoji Fries WG Choc Chip Cookie Fruit and Veggie Bar	12 Bosco Sticks Or Twisted Cheese Sticks Steamed Green Beans Fruit and Veggie Bar Strawberry Milk
15 Popcorn Chicken WG Rice Steamed Corn Fortune Cookie Fruit and Veggie Bar	16 Doritos Taco Cheesy Refried Beans Golden Corn Tortilla Chips Fruit and Veggie Bar	17 WG Corn Dog Smile Fries Baked Beans Fruit and Veggie Bar	18 Chicken Sandwich WG Bun Golden Corn Goldfish Crackers Fruit and Veggie Bar	19 Early Release Eggo Confetti Pancakes String Cheese Strawberry Cup Apple Juice
22 Chicken Nuggets Mashed Potatoes WG Dinner Roll Fruit and Veggie Bar	23 Nachos Deluxe: Or Burrito Steamed Broccoli 5 Layer Bean Dip Fruit and Veggie Bar	24 Grilled Cheese Hash Brown Golden Corn Fruit and Veggie Bar	25 Hamburger WG Bun Oven Fries Baked Beans Fruit and Veggie Bar	26 Tony's Personal Pizza Steamed Green Beans Fruit and Veggie Bar Strawberry Milk
29 Mini Corn Dogs Golden Corn Emoji Fries Fruit and Veggie Bar	30 Chicken Drumstick Cheez-Its Crackers Pasta Salad Baked Beans Fruit and Veggie Bar	1	2	3

Second Choice:
8-12 Hammy Sammy
15-19 Turkey on Fish Shape
22-26 Hammy Sammy
29-3 Turkey/Cheese Sub

~Available Daily:
Yogurt Fun Pack:
Trix Yogurt, String Cheese, Whole Grain Goldfish Crackers or Trix Cereal

All Meals Include:
A Trip Through our Fruit & Vegetable Bar
Including: Fresh Broccoli
Romaine Lettuce, Carrots,
Baby Spinach
Cucumbers & Peppers
Fresh Fruit and Canned Fruit

Choice of Milk:
Low Fat White
Low Fat Chocolate

Condiments Available:
Reduced Fat Ranch, Mustard, Ketchup and Light Mayonnaise.

Questions or Comments:
Beth Ohman FSS
616-678-7714 x 2105
Beth.ohman@kentcityschools.org
Menu Subject to Change
Lunch: $2.60
Reduced Lunch: $.40

EAGLE CAFE

Feeding Bodies-Fueling Minds Middle School

Eagle Pride Favorites April 2019

4/8 Popcorn Chicken Bowl/Mashed/Corn/Gravy/Roll
4/9 Homemade Burritos/Spanish Rice/5 Layer Dip/Chips
4/10 Cherry Blossom Chicken/Broccoli/Rice/Fortune Cookie
4/11 Pasta Primavera/Broccoli/Key West Blend/Bread Sticks
4/12 French Toast Sticks/Sausage/Hash Brown/Warm Apples

4/15 Oven Fried Chicken/Potato Wedges/Biscuit/Honey
4/16 Tacos or Fajitas/Cheesy Refried Beans/Tortilla Chips/Corn
4/17 Chicken Tenders/Oven Smiles/Steamed Corn/Dinner Roll
4/18 Pasta w/Meat Sauce/Steamed Green Beans/Garlic Bread
4/19 Build It Your Way! Burger or Chicken/Colossal Fries

4/22 Popcorn Chicken Bowl/Mashed/Corn/Gravy/Roll
4/23 Nachos Deluxe/Cheesy Refried Beans/California Blend
4/24 Pulled Pork BBQ/Macaroni and Cheese/Green Beans
4/25 Pasta Alfredo/Chicken/Peas/Broccoli/Garlic Bread
4/26 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries

4/29 Lemon Grass or General Tso's Chicken/Rice/Veggies
4/30 Homemade Burritos/Rice/Black Beans/Corn/Chips

Hot off the Eagle Grill

Available Daily: Cheeseburger, Spicy Chicken, Chicken
4/8 Bacon Cheeseburger
4/9 Chicken Quesadilla
4/10 Chicken Nuggets/Roll
4/11 Chicken Cheddar Wrap
4/12 Mini Corn Dogs

4/15 Chicken Nuggets/Biscuit
4/16 Chicken Quesadilla
4/17 Grilled Chicken/Bacon/Swiss
4/18 Honey Rib Sub
4/19 Mini Corn Dogs

4/22 Double Cheeseburger
4/23 Chicken Quesadilla
4/24 Mini Corn Dogs
4/25 Bacon Cheeseburger
4/26 Popcorn Chicken/Roll

4/29 Jalapeno Cheeseburger
4/30 Grilled Chicken/Swiss

Eagle Pizzeria

Monday: Pepperoni Pizza or Mozzarella Sticks w/Marinara
Tuesday: Pepperoni or Cheese Pizza
Wednesday: Cheesy Bread
Thursday: Personal Pizza
Friday: Bosco Sticks w/Marinara Sauce

Daily Milk Choices: Low Fat White-Fat Free Chocolate
Condiments Daily: Low Fat Italian and Low Fat Ranch, BBQ Sauce, Ketchup, Mustard and Light Mayonnaise
Available Daily on the Vegetable Bar: Baby Carrots, Broccoli, Baby Spinach, Celery, Cucumbers, Peppers, Tomatoes, Romaine Lettuce.
Fruit Available Daily: Apples, Oranges, Pears, Raisins, Assorted Canned Selections, Bananas Wednesday and Thursday if available.
Hot Vegetables Available Daily

Grab and Go

Salads: Crispy Chicken Salad w/ Goldfish Crackers

Sandwiches: Turkey & Cheese Sub, Ham & Cheese Sub, Croissant with Turkey & Cheese or Italian Meat Sub.
Yogurt Parfaits: Strawberry or Vanilla Yogurt With Fruit and Granola
Snack Pack: PBJ/String Cheese w/ Goldfish Crackers or Yogurt, Cereal, String Cheese & Goldfish Crackers

We use whole grain bread products. Full meal includes Entrée (Bread and Protein), 1cup Fruit (F), ½ cup or more Vegetable (V), and choice of 1% White or Fat Free Chocolate Milk. A meal must include 3 of these choices.
*You must have a **½ cup** serving of a fruit or vegetable on your plate or you will be charged ala carte prices**.**

Menu subject to change

Student Lunch Price: $3.25 Reduced Lunch: $.40 Milk: $.50 Adult Breakfast: $2.00 Adult Lunch Price: $4.25

USDA is an equal opportunity provider and employer.
Breakfast is served Daily starting at 7:20 am. If you receive free lunch you also get Breakfast for FREE!

EAGLE CAFE

Feeding Bodies-Fueling Minds High School

Eagle Pride Favorites April 2019

4/8 Popcorn Chicken Bowl/Mashed/Corn/Gravy/Roll
4/9 Homemade Burritos/Taco Salad/Spanish Rice/ Beans/Chips
4/10 Cherry Blossom Chicken/Broccoli/Rice/Fortune Cookie
4/11 Pasta Primavera/Broccoli/Key West Blend/Bread Sticks
4/12 French Toast Sticks/Sausage/Hash Brown/Warm Apples

4/15 Oven Fried Chicken/Potato Wedges/Biscuit/Honey
4/16 Tacos or Fajitas/Cheesy Refried Beans/Tortilla Chips/Corn
4/17 Chicken Tenders/Oven Smiles/Steamed Corn/Dinner Roll
4/18 Pasta w/Meat Sauce/Steamed Green Beans/Garlic Bread
4/19 Build It Your Way! Burger or Chicken/Colossal Fries

4/22 Popcorn Chicken Bowl/Mashed/Corn/Gravy/Roll
4/23 Nachos Deluxe/Cheesy Refried Beans/California Blend
4/24 Pulled Pork BBQ/Macaroni and Cheese/Green Beans
4/25 Pasta Alfredo/Chicken/Peas/Broccoli/Garlic Bread
4/26 Hot Dogs/Chili and Cheese/Baked Beans/Oven Fries

4/29 Lemon Grass or General Tso's Chicken/Rice/Veggies
4/30 Homemade Burritos/Rice/Black Beans/Corn/Chips

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Available Daily: Cheeseburger, Spicy Chicken, Chicken
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4/9 Chicken Quesadilla
4/10 Chicken Nuggets/Roll
4/11 Chicken Cheddar Wrap
4/12 Mini Corn Dogs

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4/23 Chicken Quesadilla
4/24 Mini Corn Dogs
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4/30 Grilled Chicken/Swiss

Eagle Pizzeria

Monday: Pepperoni Pizza or Mozzarella Sticks w/Marinara
Tuesday: Bosco Sticks w/Marinara Sauce
Wednesday: Homemade Calzone
Thursday: Personal Pizza
Friday: Bosco Sticks w/Marinara Sauce

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Fruit Available Daily: Apples, Oranges, Pears, Raisins, Assorted Canned Selections, Bananas Wednesday and Thursday if available.
Hot Vegetables Available Daily

Grab and Go

Salads: Crispy Chicken Salad w/ Goldfish Crackers
Chicken Caesar Salad w/Garlic Croutons/Goldfish
Sandwiches: Turkey & Cheese Sub, Ham & Cheese Sub, Croissant with Turkey & Cheese or Italian Meat Sub.
Wraps: Chicken and Cheddar or Spicy Chicken and Cheddar
Yogurt Parfaits: Strawberry or Vanilla Yogurt With Fruit and Granola
Snack Pack: PBJ/String Cheese w/ Goldfish Crackers or Yogurt, Cereal, String Cheese & Goldfish Crackers

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