

# SEPTEMBER | 2023



Kent City Elementary Lunch -Feeding Bodies-Fueling Minds

To fill out the Education Benefits Form please go to [kentcity.familyportal.cloud](https://kentcity.familyportal.cloud)

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| <b>28</b><br>Your Meal Includes:<br>*Meat/Protein<br>*Bread/Grain<br>*Vegetable<br>*Fruit and *Milk | <b>29</b>  | <b>30</b>  | <b>31</b>   | <b>1</b>  |
| <b>4</b><br>No School<br>Labor Day Break  | <b>5</b><br>Chicken Nuggets<br>Fresh Baby Carrots<br>Ranch<br>Dinner Roll<br>Peaches                                     | <b>6</b><br>Cheesy Pasta Bake<br>Romaine Ribbons<br>WG Garlic Roll<br>Applesauce       | <b>7</b><br>Cheeseburger<br>Baked Beans<br>Fritos<br>Fresh Apple Slices                       | <b>8</b><br>Personal Pizza-Round<br>Sweet Red Peppers<br>Green Beans<br>Luigi Frozen Cup        |
| <b>11</b><br>Popcorn Chicken<br>Smile Fries<br>WG Dinner Roll<br>Pineapple                          | <b>12</b><br>Chips and Cheese Deluxe<br>Taco Meat/Cheddar<br>Cheese<br>Refried Beans<br>Romaine Ribbons<br>Applesauce    | <b>13</b><br>Grilled Cheese<br>Golden Corn<br>Broccoli Dippers<br>Fresh Grapes         | <b>14</b><br>Hot Dog<br>Fritos<br>Baby Carrots<br>Chocolate Chip Cookie<br>Fresh Apple Slices | <b>15</b><br>Cheesy Breadsticks<br>Marinara Sauce<br>Sliced Cucumbers<br>Pears                  |
| <b>18</b><br>Pancake on a Stick<br>String Cheese<br>Hash Brown Rounds<br>Warm Cinnamon Apples       | <b>19</b><br>Macaroni and Cheese<br>Broccoli Dippers/Ranch<br>Cornbread<br>Applesauce                                    | <b>20</b><br>Mini Corn Dogs<br>Romaine Salad<br>Baked Beans<br>Pineapple               | <b>21</b><br>Sloppy Joe<br>Cheez-Its Crackers<br>Baby Carrots<br>Orange Smiles                | <b>22</b><br>Bosco Sticks<br>Marinara Sauce<br>Sweet Red Peppers<br>Luigi Frozen Cup            |
| <b>25</b><br>Popcorn Chicken<br>Smile Fries<br>Soft Pretzel<br>Pineapple                            | <b>26</b><br>Walking Tacos<br>Taco Meat/Cheddar<br>Romaine Ribbons<br>Tortilla Chips/Salsa<br>Refried Beans<br>Peach Cup | <b>27</b><br>Confetti Mini Pancakes<br>Yogurt Cup<br>Orange Juice<br>Hash Brown Rounds | <b>28</b><br>Chicken Sandwich<br>Golden Corn<br>Pretzels<br>Fresh Apple Slices                | <b>29</b> Early Release<br><br>Fiestada Pizza<br>Sliced Cucumbers<br>Peaches<br>Romaine Ribbons |

Breakfast and Lunch is Free  
to all students!  
Milk: \$.50 with a lunch from  
home.

Breakfast will be ready in your  
classroom when you arrive.

~Available Daily:

\*Turkey or Ham Sub Sandwich  
\*Yogurt Fun Pack:  
Trix Yogurt, String Cheese,  
Goldfish Crackers or Trix Cereal

Turkey and Cheese Lunchable will  
be available on Wednesdays

Wowbutter and Jelly Uncrustable  
with String Cheese  
Available every Friday

Extra fruit and vegetable choices  
will be available each day.

Questions or Comments:

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Menu Subject to Change