

NOVEMBER | 2022



MIDDLE SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31

Regular or Spicy Chicken Tenders, Corn Bread, Mashed Potatoes or Corn or Fresh Broccoli, Asst of Fruit, Milk

1

Mini Corn Dogs, Wedges or Baby Carrots or Side Salad or Mexicali Corn, Asst. of Fruit, Milk

2

Big Daddy's Pizza, Green Beans or Sliced Green Peppers or Spinach Salad, Asst. of Fruit, Milk

3

Chicken Nuggets, Curly Fries or Side Salad or Candied Carrots or Sliced Cucumbers, Asst. of Fruit, Milk, Jello

4

Chicken or Beef Tacos, Refried Beans or Cherry Tomatoes or Steamed Broccoli, Asst. of Fruit, Milk

7

Mac & Cheese, Dinner Roll, Cherry Tomatoes or Green Beans or Fresh Broccoli, Asst. of Fruit, Milk

8

Chili Cheese Dogs, Wedges or Side Salad or Baked Beans or Green Peppers, Asst. of Fruit, Milk

9

Chicken Alfredo, Breadstick, Baby Carrots or Sliced Cucumbers or Corn, Asst. of Fruit, Milk

10

Bosco Stick & Dipping Sauce, Side Salad or Corn or Steamed Broccoli, Asst. of Fruit, Milk

11

Pancake Sausage Wrap, Potato Rounds or Baby Carrots or Green Peppers, Asst. of Fruit, Milk

14

Hamburger/ Cheeseburger, Tater Tots or Baked Beans or Steamed Carrots, Asst. of Fruit, Milk

15

Calzone, Steamed Broccoli or Side Salad or Green Peppers, Asst. of Fruit, Milk

16

Holiday Meal
Spiral Ham, Mashed Potatoes and Gravy, Dinner Roll, Corn or Sliced Cucumbers, Asst. of Fruit, Milk, Dessert

17

Walking Taco, Refried Beans or Fresh Broccoli or Side Salad, Asst. of Fruit, Milk

18

Chicken Drumstick, Fries or Coleslaw or Green Beans, Asst. of Fruit, Milk

21

Chicken Sandwich, Fries or Baked Beans or Broccoli & Cheese, Asst. of Fruit, Milk

22

Pull Apart Bread & Dipping Sauce, Baby Carrots or Side Salad or Cucumbers, Asst. of Fruit, Milk

23



25



28

Regular or Spicy Chicken Tenders, Corn Bread, Mashed Potatoes or Corn or Fresh Broccoli, Asst of Fruit, Milk

29

Mini Corn Dogs, Wedges or Baby Carrots or Side Salad or Mexicali Corn, Asst. of Fruit, Milk

30

Big Daddy's Pizza, Green Beans or Sliced Green Peppers or Spinach Salad, Asst. of Fruit, Milk

1

Chicken Nuggets, Curly Fries or Side Salad or Candied Carrots or Sliced Cucumbers, Asst. of Fruit, Milk

2

Chicken or Beef Tacos, Refried Beans or Cherry Tomatoes or Steamed Broccoli, Asst. of Fruit, Milk

News

All Students Receive One Free Breakfast Daily

Lunch Price 2.65
Alternative Meals
M-W-F

Uncrustable/Yogurt
Tues- Ham Sandwich
Thur-Lunchable

Fresh Fruit Daily

1% Milk or Non-Fat
Flavored Milk
Extra Milk.50

Applications for 22/23
Text Book/ Lunch
Assistance can Be
Found on Our Website

Kankakee Valley
School Food Service
Department
219-987-4711
Ext: 1117