

2016-2017 Kankakee High School & Junior High BREAKFAST & LUNCH MENU

Breakfast Menu

Offered Daily: Assorted Fruit, Assorted Juice, Choice of Milk

Additional Daily Vegetable Selections

MONDAY DARK GREEN VEGETABLE
TUESDAY BEANS (LEGUMES)
WEDNESDAY RED/ORANGE VEGETABLES
THURSDAY PEAS/CORN/POTATO (STARCHY)
FRIDAY BAKED BEANS (LEGUMES) & RED/ORANGE VEGETABLES

- WEEK 1**
- Monday**
 - Cini Mini Rolls
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Tuesday**
 - Breakfast Bagel
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Wednesday**
 - Breakfast Pizza
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Thursday**
 - Colby Cheese Omelet
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Sunshine Smoothie
 - Friday**
 - French Toast Stix
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
- WEEK 2**
- Monday**
 - Mini Cinnamon Cream Cheese Bagels
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Tuesday**
 - Breakfast Burrito
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Wednesday**
 - Breakfast Bacon Scramble
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Thursday**
 - Sausage & Cheese Biscuit Sandwich
 - Kellogg's® Jump Start Grab & Go Breakfast Kits
 - Sunshine Smoothie
 - Friday**
 - Lumberjack
 - Kellogg's® Jump Start Grab & Go Breakfast Kits

Lunch Menu

Check out our Meatless Monday Option & our Daily Vegetarian Grab n' Go Lunch!
 Early Dismissal Menu: PB&J or Hoagie, Fruit, vegetable, and milk.

Weekly Entrées

MONDAY BIG DADDY'S PIZZA
TUESDAY CORN DOG BITES
WEDNESDAY CHICKEN NUGGETS
THURSDAY NACHO BITES W/ SALSA CUP
FRIDAY THREE CHEESE CALZONE



- WEEK 1**
- Monday**
 - Bean, Cheese & Red Chili Burrito with Spanish Rice
 - Chef Choice Hot Vegetable
 - Fresh Broccoli
 - Chef Salad with WG Zesta® Saltine
 - Tuesday**
 - Orange Chicken with Fried Rice & Keebler® Graham
 - Philly Cheesesteak
 - Steamed Broccoli
 - Garbanzo Beans
 - Vanilla Yogurt Bowl
 - Wednesday**
 - Nacho Grande
 - Spicy Chicken Sandwich
 - Chef Choice Hot Vegetable
 - Refried Beans
 - Baby Carrots
 - Chef Salad with WG Zesta® Saltine
 - Thursday**
 - Southern Chicken with Stuffing & Gravy
 - Cheeseburger
 - Mashed Potato & Gravy
 - Lima Beans
 - Mandarin Orange Fruit Salad
 - Friday**
 - Sloppy Joe & Cheez-Its®
 - Baby Carrots
 - Chef Salad with WG Zesta® Saltine
- WEEK 2**
- Monday**
 - Sweet Potato Crusted Fish Filet Sandwich with Gripz® Snack
 - Chopped Spinach
 - Pasta Chopped Salad
 - Tuesday**
 - French Toast with Scrambled Eggs & Chicken Sausage
 - Philly Cheesesteak
 - Chef Salad Hot Vegetable & Tater Tots
 - Garbanzo Beans
 - Salad with WG Zesta® Saltine
 - Wednesday**
 - Cheeseburger
 - Spicy Chicken Sandwich
 - Seasoned Fries
 - Baby Carrots
 - Vanilla Yogurt Bowl
 - Thursday**
 - Chicken Popper Mashed Potato Bowl
 - Cheeseburger
 - Corn
 - Chef Salad with WG Zesta® Saltine
 - Friday**
 - Meatball Sandwich with Tostitos Scoops
 - Baked Beans
 - Crunchy Cheez-It® Taco Salad in an Edible Bowl
- WEEK 3**
- Monday**
 - Southwest Cheese Quesadilla
 - Hot Vegetable
 - Refried Beans
 - Fresh Broccoli
 - Chicken Popper Salad with roll
 - Tuesday**
 - Homestyle Meatloaf
 - Mashed Potatoes & Brown Gravy
 - Philly Cheesesteak
 - Chef's Choice Hot Vegetable
 - Edamame
 - Chef Salad with WG Zesta® Saltine
 - Wednesday**
 - Mini Pasta Bar with Garlic Toast
 - Spicy Chicken Sandwich
 - Chopped Spinach
 - Mandarin Orange Fruit Salad
 - Grape Tomatoes
 - Thursday**
 - Hot Turkey Biscuit
 - Cheeseburger
 - Peas
 - Sidekicks
 - Chef Salad with WG Zesta® Saltine
 - Friday**
 - Spicy Chicken Patty
 - Baked Beans
 - Vanilla Yogurt Bowl
- WEEK 4**
- Monday**
 - Cheese Ravioli with Garlic Toast
 - Chopped Spinach
 - Chef Salad with WG Zesta® Saltine
 - Tuesday**
 - Asian Chicken Bites with Fried Rice
 - Philly Cheesesteak
 - Baby Carrots
 - Garbanzo Beans
 - Pasta Chopped Salad
 - Wednesday**
 - BBQ Rib Sandwich with Tostitos Scoops
 - Spicy Chicken Sandwich
 - Chef Choice Hot Vegetable
 - Red/Orange Pepper Strips
 - Chef Salad with WG Zesta® Saltine
 - Thursday**
 - Turkey and Stuffing with Gravy
 - Cheeseburger
 - Mashed Potatoes
 - Chef Choice Hot Vegetable
 - Vanilla Yogurt Bowl
 - Friday**
 - Hot Dog Bar
 - Seasoned Fries
 - Baked Beans
 - Chef Salad with WG Zesta® Saltine
- WEEK 5**
- Monday**
 - Nacho Fish Strips with Mac & Cheese
 - Steamed Broccoli
 - Mandarin Orange Fruit Salad
 - Tuesday**
 - Soft Turkey Tacos
 - Philly Cheesesteak
 - Cucumbers
 - Chef Choice Hot Vegetable
 - Garbanzo Beans
 - Vanilla Yogurt Bowl
 - Wednesday**
 - Chilli Spaghetti Bowl with Cornbread
 - Spicy Chicken Sandwich
 - Red Pepper Strips
 - Chef Choice Hot Vegetable
 - Chef Salad with WG Zesta® Saltine
 - Thursday**
 - Chicken & Waffles (Tenders and Eggo® Maple Waffles)
 - Cheeseburger
 - Seasoned Fries
 - Chef Choice Hot Vegetable
 - Pasta Chopped Salad
 - Friday**
 - Corn Dog with Assorted Kellogg's® Grab & Go Snacks
 - Baby Carrots
 - Baked Beans
 - Crunchy Cheez-It® Taco Salad in an Edible Bowl
- WEEK 6**
- Monday**
 - Grilled Cheese & Tomato Soup
 - Chopped Spinach
 - Chicken Popper Salad with Roll
 - Tuesday**
 - Chicken Enchiladas
 - Philly Cheesesteak
 - Chef Choice Hot Vegetable
 - Edamame
 - Pasta Chopped Salad
 - Wednesday**
 - Mini Baked Potato Bar
 - Spicy Chicken Sandwich
 - Steamed Broccoli
 - Tomato Juice
 - Chef Salad with WG Zesta® Saltine
 - Thursday**
 - Cheeseburger with Cheez-Its®
 - Seasoned Fries
 - Baby Carrots
 - Vanilla Yogurt Bowl
 - Friday**
 - Buffalo Chicken Wrap
 - Chef Choice Hot Vegetable
 - Baked Beans
 - Chef Salad with WG Zesta® Saltine



School Meal Calendar

● Week 1 ● Week 2 ● Week 3
● Week 4 ● Week 5 ● Week 6

* Includes Salad & Yogurt Bowls

Month	S	M	T	W	T	F	S
August '16		1	2	3	4	5	6
September '16		4	5	6	7	8	9
October '16		2	3	4	5	6	7
November '16		6	7	8	9	10	11
December '16		4	5	6	7	8	9
January '17		1	2	3	4	5	6
February '17		5	6	7	8	9	10
March '17		5	6	7	8	9	10
April '17		2	3	4	5	6	7
May '17		7	8	9	10	11	12



COMMUNITY ELIGIBILITY PROVISION

Community Eligibility Provision

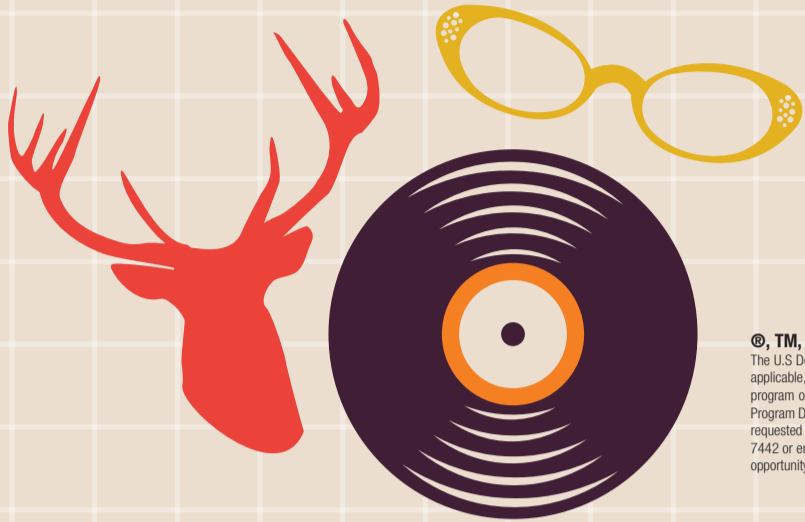
We are pleased to inform you that our school implemented a new provision available to schools participating in the National School Lunch and School Breakfast Programs called the Community Eligibility Provision (CEP).

What does this mean for you and your child(ren)?

All enrolled students in our school district, regardless of income level, are invited to receive a healthy school breakfast and school lunch at no charge each day. No further action is required of you. Your child(ren) will be able to participate in these meal programs without having to pay a fee or submit a meal application.

The CEP is a new alternative to the traditional meal application process with the United States Department of Agriculture (USDA) National School Breakfast and Lunch Programs. CEP alleviates the burden on families by eliminating household applications, while helping schools reduce costs associated with collecting and processing those applications.

For more information about CEP, please visit USDA.gov/school-meals/communityeligibility-provision



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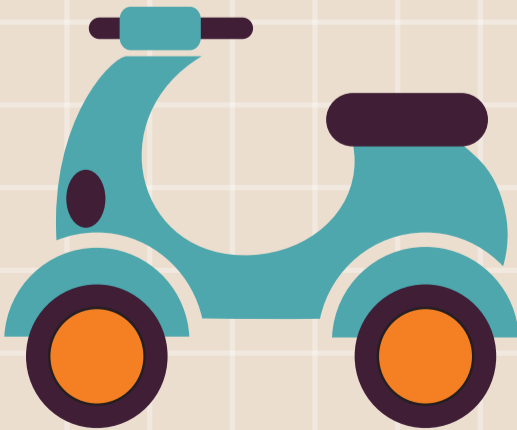
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2016-2017

*Kankakee High School
& Junior High*

BREAKFAST & LUNCH MENU



2016-2017

Kankakee School District

BREAKFAST & LUNCH MENU

Important Information:

KSD # 111 Food Service Department is Located At:

1501 E. Maple Ave.

Kankakee, IL 60901

Phone: 815-802-7770

Fax: 815-933-0697

Webpage: www.ksdfood.com

Foodservice Director: Beth Proctor

Dietary Manager: Jaime Demers

Financials/Reporting Secretary: Cheryl Chaney

Office Clerk: Carol Goodrich

