

New Kent High School
School Nutrition Division

Students \$2.75; Reduced .40c;

Menu items subject to availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 Choice of 1 entrée Asian Chicken Popcorn Rice w/either Pizza Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Broccoli Carrots w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>	<p>1 NO School</p>	<p>2 Choice of 1 entrée Corndog Nuggets Pizza Crunchers Hamburger or Cheeseburger Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p>	<p>3 Choice of 1 entrée Mac n Cheese Chicken Tenders Roll w/either Chicken Sandwich Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p>	<p>4 Choice of 1 entrée Nachos Pizza Rippers Burrito w/cheese sauce Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p> <p>Treat</p> <p>SUPER BOWL</p>

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6	7	8	9	10
<p><u>Choice of 1 entrée</u> Pizza Hut Asian w/rice Philly Steak Sub</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Spaghetti w/meat sauce Chicken Nuggets w/Roll Hot Ham & Cheese Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Mac n Cheese w/Texas Toast Pizza Crunchers Rodeo Burger</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Chicken Tenders w/Biscuit 2 Bosco Sticks BQ Chicken Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>
<p><u>Choice of 2 servings of vegetables:</u> Green Beans Carrots w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Romaine Salad w/Tomato Broccoli Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>
<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>
<p>And</p>	<p>And</p>	<p>And</p>	<p>And</p>	<p>And</p>
<p>Milk</p>	<p>Milk</p>	<p>Milk</p>	<p>Milk</p>	<p>Milk</p>
		<p>Chick Fil a Sliders \$2.25 a la cart</p>		

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13	14	15	16	17
<p><u>Choice of 1 entrée</u> Pizza Asian w/Rice Spicy Meatball Sub</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Meatloaf Popcorn Chicken Biscuit w/either Special Cheesy Burger</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Pizza Crunchers Corndog Nuggets Rib BQ Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Chicken Parmesan w/Spaghetti Chicken Nuggets Roll w/either Chicken Parmesan Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Burrito w/cheese sauce</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p>
<p><u>Choice of 2 servings of vegetables:</u> Broccoli Carrots w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mashed Potatoes w/gravy</p>	<p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>
<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p>
<p>And</p>	<p>And</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Milk</p>	<p>Or</p>	<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>	<p>Create own Salad w/2 fruit</p>
<p>And</p>	<p>And</p>	<p>And</p>	<p>And</p>	<p>And</p>
<p>Milk</p>	<p>Milk</p>	<p>Milk</p>	<p>Milk</p>	<p>Milk</p>
<p>Treat</p>	<p>Treat</p>	<p></p>	<p></p>	<p></p>
<p></p>	<p>Valentine's Day</p>	<p></p>	<p></p>	<p></p>

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<p>20 No School</p>	<p>21 Choice of 1 entrée</p>	<p>22 Choice of 1 entrée</p>	<p>23 Choice of 1 entrée</p>	<p>24 Choice of 1 entrée</p>
<p>Presidents Day</p>	<p>Mac n Cheese Chicken Nuggets Biscuit w/either Rajun Cajun Sausage Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Hot Veggie Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mashed Potato w/gravy</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice</p> <p>Or</p> <p>Create own Salad w/2 fruit</p> <p>And</p> <p>Milk</p>	<p>Pizza Crunchers Hot Ham & Cheese Sandwich Bacon Cheeseburger</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Hot Veggie Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice</p> <p>Or</p> <p>Create own Salad w/2 fruit</p> <p>And</p> <p>Milk</p> <p>Chick Fil a Sliders \$2.25 a la cart</p>	<p>Spaghetti w/Meatballs Chicken Tenders Roll w/either Meatball Sub</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice</p> <p>Or</p> <p>Create own Salad w/2 fruit</p> <p>And</p> <p>Milk</p>	<p>Nachos Pizza Rippers Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice</p> <p>Or</p> <p>Create own Salad w/2 fruit</p> <p>And</p> <p>Milk</p>

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<p>27 <u>Choice of 1 entrée</u> Asian Chicken Popcorn Rice w/either Pizza Hut</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Broccoli Carrots w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p>28 <u>Choice of 1 entrée</u> Spaghetti w/meat sauce Chicken Nuggets Roll w/either Rib BQ Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mash Potato w/gravy</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p>	<p>1 <u>Choice of 1 entrée</u> Corndog Nuggets Pizza Crunchers Hamburger or Cheeseburger</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p>	<p>2 <u>Choice of 1 entrée</u> Mac n Cheese Chicken Tenders Roll w/either Chicken Sandwich</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p>	<p>3 <u>Choice of 1 entrée</u> Nachos Pizza Rippers Burrito w/cheese sauce</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice Or Create own Salad w/2 fruit And Milk</p> <p>Treat</p> <p>SUPER BOWL</p>

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