



RMS SCHOOL LUNCH MENU



AUGUST 2019

Meal price is \$3.00 for students (\$.40 if eligible for Reduced-price meals or Free if eligible). Adult price is \$4.00 Extra main @Kin & RMS only, is \$1.50 Milk only, \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LIKE MILK? 5 Varieties are available daily.</p>	<p>LIKE VEGETABLES? At least 2 different vegetables are offered daily.</p>	<p>LIKE FRUIT? At least 2 different fruits are offered daily</p>	<p>LIKE WHOLE GRAINS? More than half of the grains offered exceed 50% whole grain.</p>	<p>WATCHING CALORIES? School Lunches average 700 calories or less per meal.</p>
<p>FOOD ALLERGIES If your child has a food allergy, please contact Lynn McGill for an ingredient list for the items being served -- lmcgill@kinnschools.org SCHOOL LUNCHES ARE NOT TOTALLY ALLERGEN FREE</p>	<p>Having Financial Difficulties? Free and Reduced lunch applications are available at each building office and online at: http://kinnikinnicklunchmenu.weebly.com All information is kept strictly confidential</p>	<p>LUNCH BALANCES Prior year lunch account balances are available as beginning balances for 2019-20. Please email questions to: lmcgill@kinnschools.org</p>	<p>NOTE: Students are expected to have a positive balance to purchase school lunch. Please remember to send in money marked clearly with Your child's full name and teacher</p>	<p>FOR MORE INFORMATION VISIT THE DISTRICT FOOD SERVICES WEBSITE: http://kinnikinnicklunchmenu.weebly.com</p>
		21 WELCOME BACK!	22	23
<p><u>YOU NEED A FRUIT OR VEGGIE:</u></p>	<p>The USDA requires all lunches to have either a fruit or veggie on their tray. With over 4 choices daily, it should be easy to find at least one you like.</p>	<p>All beef hot dog on a bun Baked beans and/or Mixed veggies Sunchips Choice of Fruit Milk</p>	<p>Tyson Popcorn chicken Mac and cheese Peas and/or Corn Choice of Fruit Milk</p>	<p>Cinnamon French toast Hashbrown Juice Choice of Fruit Milk</p>
26	27	28	29	30 Traveling Taco
<p>Chicken patty on a bun 100% fruit juice Slushie Peas and/or Corn Choice of Fruit Milk</p>	<p>Wild Mike's cheese pizza Cookie Carrots and/or Green beans Choice of Fruit Milk</p>	<p>State Fair Corn dog bites Baked beans and/or Mixed veggies Choice of Fruit Milk</p>	<p>Tyson Chicken nuggets Uncle Ben's chicken flavored rice Broccoli and/or Carrots Choice of fruit Milk</p>	<p>Nacho chips and taco meat in a bag Lettuce and cheese cup Corn Salsa Choice of Fruit Milk</p>

Visit our webpage at: <http://kinnikinnicklunchmenu.weebly.com> Students should maintain a positive lunch balance. You may request your child's lunch balance by emailing lmcgill@kinnschools.org Lunch payments can be made online at <https://www.k12paymentcenter.com>

Menu is subject to change.

Meals include a choice of cold & refreshing low fat white milk and fat free white, chocolate, strawberry and vanilla milk.

We offer at least 2 fresh, canned or frozen fruits and vegetables daily. A student may select up to 2 different fruits along with the vegetable(s) of the day.