



LUNCH

SEPTEMBER 2024

KIEL HIGH SCHOOL

(MENU SUBJECT TO CHANGE WITHOUT NOTICE)

Lunch(*complete meal) Price =
 High School = \$3.40
 Only Milk = \$.50

Monday

2
 NO SCHOOL

9
 HOT DOG/BUN
 Buttered Noodles
 GRILLED CHICKEN/BUN-Fries
 Carrots
 Oranges Wedges & Pineapple

16
 EGG ROLLS & Cream Soup
 MEATBALL SUB
 Sun Chips
 Corn
 Applesauce & Peaches

23
 ORANGE CHICKEN – Rice
 SHRIMP POPPERS - Fries
 California Blend
 Pineapple & Oranges

30
 PIZZA DIPPERS
 CHICKEN ALFREDO
 Pasta
 Broccoli
 Peaches & Applesauce

Tuesday

Freshmen ONLY **3**
 HAMBURGER / BUN
 Baked Fries
 Green Beans
 Pineapple & Apple Slices

10
 CHICKEN NUGGETS-Fries
 BREADED PORK CHOP
 AuGratin Potatoes
 Peas
 Applesauce & Peaches

17
 CHEESE QUESADILLA
 CHICKEN PATTY
 Mashed Potatoes
 Carrots
 Peas & Side Kick

24
 CHICKEN & GRAVY
 Mashed Potatoes-Dinner Roll
 RAIDER NACHOS-Refried Beans
 Green Beans
 Peaches & Applesauce

Wednesday

4
 CHICKEN PATTY / BUN
 Mashed Potatoes
 or CHEESE QUESADILLA
 Carrots
 Banana & Grapes

11
 SPAGHETTI & MEATSAUCE
 Garlic Bread Stick
 BAKED POTATO BAR
 California Blend Veg
 Banana & Apple Slices

18
 HAMBURGER / BUN
 CORN DOG
 Baked Fries
 Green Beans
 Banana & Apple Slices

25
 CHICKEN NUGGETS-Fries
 SLOPPY JOES/BUN-Chips
 Corn
 Peas & Grapes

Thursday

5
 SOFT SHELL TACOS
 Refried Beans
 PERSONAL PAN PIZZA
 Corn
 Pears & Orange Wedges

12
 GENERAL TSO CHICKEN
 Rice
 PIZZA DIPPERS
 Stir Fry Vegetable
 Cantaloupe & Side Kick

19
 CHICKEN FAJITAS
 FRENCH BREAD PIZZA
 California Blend
 Orange Wedges
 Strawberries

26
 BIG DADDY'S PIZZA
 Broccoli
 Apple Slices & Banana

Friday

6
 BREAKFAST SANDWICH
 Tator Tots
 LASAGNA ROLL-Breadstick
 Peas
 Strawberries & Peaches

13
 FRENCH TOAST
 Sausages
 or PIZZA CALZONE
 Green Beans
 Strawberries & Grapes

20
 BBQ PULLED PORK/BUN
 Seasoned Fries
 GRILLED CHEESE-Tomato Soup
 Peas
 Pineapple & Grapes

Homecoming **27**
 TBD
 Peas & Carrots
 Cantaloupe & Strawberries

FREE & REDUCED MEAL APPLICATION available on district website:
<https://www.kiel.k12.wi.us/families/LunchMenu.cfm>



KASD IS AN EQUAL OPPORTUNITY PROVIDER

2-Hot Meal option offered daily . 1-Cold Meal option offered daily Students must choose 3 of the 5 food components with one being 1/2c fruit &/or vegetables. This is required to be considered a * COMPLETE MEAL Garden Salad Bar Served daily Two choices of Milk offered
 A la Carte Snack items also available to purchase (positive balance in lunch account is required)