

1% White and Nonfat Chocolate Milk offered Daily



SEPTEMBER 2022

KPBSD CHAPMAN/NINILCHIK SCHOOLS

This institution is an equal opportunity provider.

Due to Product Availability menu items are subject to change

Monday

Tuesday

Wednesday

Thursday

Friday



**Labor Day
No School**

5

Grilled Cheese Sandwich
Baked Beans
Diced Pears
Fresh Orange Wedges
Vegetable Tray (Mdl/HS)

6

Tangerine Chicken
Fried Rice
Green Beans
Fresh Apple
Fruit/Vegetable Tray (Mdl/HS)

7

Sloppy Joe's
Romaine Spinach Salad
Applesauce Cup
Banana
Vegetable Tray (Mdl/HS)

8

Breaded Chicken Burger
Baby Carrots w/Ranch Dip
Crinkle Cut Fries
Mandarin Orange Cup
Fruit Tray (Mdl/HS)

9

Macaroni & Cheese
Whole Wheat Roll (HS)
Green Beans
Strawberry Cup
Apple
Vegetable Tray (Mdl/HS)

12

Pizza
Steamed Broccoli
Mandarin Orange Cup
Apple Juice
Vegetable Tray (Mdl/HS)

13

Enchilada Empanada
Cheesy Refried Beans
Corn
Mixed Berry Cup
Fresh Fruit Tray (Mdl/HS)

14

Breaded Chicken Strips
Whole Wheat Roll
Mashed Potatoes & Gravy
Monterey Vegetables
Banana
Fresh Fruit Tray (Mdl/HS)

15

Cheeseburger
w/lettuce & Tomato
Tater Tots
Baby Carrots & Ranch Dip
Diced Mango Cup
Fresh Fruit Tray (Mdl/HS)

16

Teriyaki Nuggets
Fried Rice
***Glazed Carrots (where available)*
Diced Peaches
***Alternate to Glazed Carrots*
Gold Rush Vegetable Drink
Fresh Fruit Tray (Mdl/HS)

19

BBQ Pork Rib Sandwich
Baked Beans
Diced Pears
Apple
Vegetable Tray (Mdl/HS)

20

Popcorn Chicken
Herb Chicken Couscous
Green Beans
Mandarin Orange Cup
Fresh Fruit Tray (Mdl/HS)

21

Spaghetti w/Meat Sauce
Whole Wheat Roll (HS)
Romaine Salad
Strawberry Cup
Apple Juice
Vegetable Tray (MDL/HS)

22

Hot Dog
Crinkle Cut Fries
Diced Peaches
Mixed Berry Cup
Chocolate Chip Cookie
Vegetable Tray (Mdl/HS)

23

Pizza Boli
Corn
Diced Pears
Strawberry Cup
Vegetable Tray (Mdl/HS)

26

Breaded Beef Sticks
Whole Wheat Roll
Mashed Potatoes & Gravy
Baby Carrots w/Ranch Dip
Apple
Fresh Fruit Tray (Mdl/HS)

27

Taco Snack
Cheesy Refried Beans
Diced Peaches
Mango Fruit Cup
Vegetable Tray (Mdl/HS)

28

Breaded Cheese Sticks
w/Marinara Dipping Sauce
Fresh Broccoli w/Ranch Dip
Apple Juice
Banana
Vegetable Tray (Mdl/HS)

29

Corn Pups
Tater Tots
Green Beans
Little Cuties
Fruit Tray (Mdl/HS)

30

2022/2023 SY. MEAL PRICES FOR LUNCH

Students approved for Reduced Meal: Lunch \$.40

Full Pay Students Meal: K-6th grades \$3.50

Full Pay Students Meal: 7th -12th grades \$4.00

Go to <http://mealapp.kpbsd.org> to apply for Free/Reduced meal benefits, or for more information please contact your local school or Student Nutrition office at 907-714-8890