



ALL
GRAINS/BREADS ARE
WHOLE GRAIN

ALL MEALS INCLUDE:

- *Grain/Bread daily option(s)
- *Meat/Meat Alternate option (only when offered)
- *1 cup fruit/fruit juice or combination
- *Non Fat or Low Fat Milk

**Daily Prices
(complete meal only)**

K-12 Students \$1.65
Adults \$2.05
REDUCED \$.30
(for those who qualify)
FREE-
(for those who qualify)

Must have 3-5 components for complete meal qualifications

***Call (920)894-5183 for a Free/Reduced Application anytime throughout the school year**

KASD is an equal opportunity provider



MARCH 2018



KIEL HIGH SCHOOL NUTRITION BREAK
STUDENTS MUST SELECT 3 OF 5 ITEMS OFFERED TO = A COMPLETE BREAKFAST
(ONE BEING FRUIT OR JUICE)
(menu subject to change without notice due to unforeseen circumstances)

	Mon	Tue	Wed	Thu	Fri
				1 Breakfast Flat Bread Fruit & Juice Milk	2
	5 Apple Frudel Fruit & Juice Milk	6 Breakfast Pizza Fruit & Juice Mil	7 Yogurt Parfait Juice Milk	8 Egg /Ham Sandwich Fruit & Juice Milk	9 Mini Donut Holes Fruit & Juice Milk
	12 Breakfast Tornado (Egg, sausage and cheese tortilla roll) Fruit & Juice Milk	13 Breakfast Pizza Boat Fruit & Juice Milk	14 Mini Pancakes w/syrup Fruit & juice Milk	15 Egg Cheese & Ham Spiral Fruit & Juice Milk	16 Glazed Donut Fruit & Juice Milk
	19 French Toast Sticks Sausage Fruit & Juice Milk	20 Breakfast Tortilla Fruit & Juice Milk	21 Yogurt Parfait Juice Milk	22 Breakfast Pizza Fruit & Juice Mil	23 Cinni Mini Fruit & Juice Milk
	26 Ultimate Breakfast Round Fruit & Juice Milk	27 Egg/Sausage Sandwich Fruit & Juice Milk	28 Dutch Waffle Fruit & Juice Milk	29 CLOSED	30 CLOSED