

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**

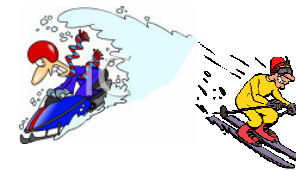
KASD is an equal opportunity provider



JANUARY 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	NO SCHOOL	2 Breakfast Pizza Fruit & Juice Milk	3 French Toast Sticks Fruit & Juice Milk	4 Breakfast Tortilla Fruit & Juice Milk	5 Glazed Donut Fruit & Juice Milk
8	Apple Frudel Fruit & Juice Milk	9 Breakfast Flat Bread Fruit & Juice Milk	10 Yogurt Parfait Juice Milk	11 Egg /Ham Sandwich Fruit & Juice Milk	12 Mini Donut Holes Fruit & Juice Milk
15	Breakfast Tornado (Egg, sausage and cheese tortilla roll) Fruit & Juice Milk	16 Breakfast Pizza Boat Fruit & Juice Milk	17 Mini Pancakes w/syrup Fruit & juice Milk	18 Egg Cheese & Ham Spiral Fruit & Juice Milk	19 Ultimate Breakfast Round Fruit & Juice Milk
22	Yogurt Fruit & Granola Parfait Juice Milk	23 Breakfast Pizza Fruit & Juice Mil	24 Dutch Waffle Fruit & Juice Milk	25 Breakfast Tortilla Fruit & Juice Milk	26 Cinni Mini Fruit & Juice Milk
29	Mini Long Johns String Cheese Fruit & Juice Milk	30 Egg/Sausage Sandwich Fruit & Juice Milk	31 Yogurt Parfait Juice Milk		