

CGW & MLK Menu 2016-2017

Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a Stick Pillisbury Mini Bagels	Brkft Pizza(ssg/grvy) Whole Grain PopTarts	Chicken Biscuit Trix Yogurt w/ Gripz	Mini Pancakes Whole Grain PopTarts	Sausage Biscuit(P) Nutri-Grain/String Chs
Chicken Nuggets w/ Breadstick Homemade Grilled Cheese(V) Yogurt, Cheese stick, Crackers(V)	Hamburger or Cheeseburger on Bun Chicken Pattie on Bun Uncrustable/Cheese/Crackers(V)	Big Daddy Pizza, Pepp. or Cheese(V) Pulled Pork BBQ on Bun(P) Yogurt, Cheese stick, Crackers(V)	Spaghetti& Meatsauce w/Garlic Breadstick Corn Dog Uncrustable/Cheese/Crackers(V)	Popcorn Chicken w/ Roll Crispy Fish Sandwich Yogurt, Cheese stick, Crackers(V)
Chicken Patty on Bun Hamburger/Cheese on Bun	Pizza, Pepp. or Cheese(V) Pork Patty on Bun(P)	Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun
Mashed Potatoes Seasoned Green Beans Peaches*/Seasonal Fruit* Chef Salad*	Glazed Carrots French Fries Cucumber Coins Applesauce*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Sweet Waffle Fries Corn Very Veggie Dippers Mand. Oranges*/Seasonal Fruit* Chef Salad*	Celery Sticks Broccoli Pineapple*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	BBQ Baked Beans Roasted Lima Beans Fresh Baked Apples Pears*/Seasonal Fruit* Chef Salad*
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Pancake on a Stick Pillisbury Mini Bagels	Brkft Pizza(ssg/grvy) Whole Grain PopTarts	Sausage Fundle(P) Trix Yogurt w/ Gripz	Chicken Biscuit Whole Grain PopTarts	Sausage Biscuit(P) Glazed Breakfast Bun
Taco Tuesday				
Calzone, Pepperoni or Cheese (V) Sloppy Joe on Bun Uncrustable/Cheese/Crackers(V)	Crunchy Taco Nachos Turkey & Ham Wrap Yogurt, Cheese stick, Crackers(V)	Classic Pizza(Pepp.)(P) & (Chz)(V) General Tso's Chicken & Rice Uncrustable/Cheese/Crackers(V)	Hot Dog on Bun(P) Zesty Chicken Quesadilla Yogurt, Cheese stick, Crackers(V)	Chicken Strips w/ Roll Fish Sticks w/ Roll Uncrustable/Cheese/Crackers(V)
Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Pizza, Pepp. or Cheese(V) Hamburger/Cheese on Bun
Mini Carrot Sticks Sweet Peas RF Doritos Pineapple*/Seasonal Fruit* Chef Salad*	Refried Beans w/ Salsa Sweet Waffle Fries Peaches*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Very Veggie Dippers Corn Applesauce*/Seasonal Fruit* Chef Salad*	Macaroni & Cheese Mixed Greens Celery Sticks Mixed Fruit*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Seasoned Potato Wedges Coleslaw Broccoli Pears*/Seasonal Fruit* Chef Salad*
Frozen Fruity Sidekick Cup				
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Brunch for Lunch				
Pulled Pork BBQ on Bun (P) Popcorn Chicken w/ Breadstick Yogurt, Cheese stick, Crackers(V)	Sausage & Eggs w/ Biscuit (P) Scr. Eggs w/ French Toast(V) Uncrustable/Cheese/Crackers(V)	Big Daddy Pizza, Pepp. or Cheese(V) Chicken Pattie on Bun Yogurt, Cheese stick, Crackers(V)	Corn Dog Hamburger or Cheeseburger on Bun Uncrustable/Cheese/Crackers(V)	Crispy Fish Sandwich Chicken Nuggets w/ Roll Yogurt, Cheese stick, Crackers(V)
Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Pork Patty on Bun(P) Hamburger/Cheese on Bun	Chicken Patty on Bun Pork Patty on Bun(P)	Pizza, Pepp. or Cheese(V) Hamburger/Cheese on Bun
Sweet Waffle Fries Green Beans Man. Oranges*/Seasonal Fruit* Chef Salad*	Little Tater Babies Fresh Baked Apples Pears*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Broccoli Corn Peaches*/Seasonal Fruit* Chef Salad*	BBQ Bakes Beans & French Fries Cucumber Coins Pineapple*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Macaroni & Cheese Greens Glazed Carrots Applesauce*/Seasonal Fruit* Chef Salad*
Monday	Tuesday	Wednesday	Thursday	Friday
Pancake on a Stick Pillisbury Mini Bagels	Brkft Pizza(ssg/grvy) Whole Grain PopTarts	Sausage Fundle Trix Yogurt w/ Gripz	Chicken Biscuit Whole Grain PopTarts	Sausage Biscuit(P) Glazed Breakfast Bun
Meatless Monday			Energy Saving Day - Sack Lunch	
Bosco Cheese Sticks(V) w/ side of Marinara Nacho Bites (V) Uncrustable/Cheese/Crackers(V)	Sloppy Joe on Bun Chicken Strips w/ Roll Yogurt, Cheese stick, Crackers(V)	Classic Pizza(Pepp.)(P) & (Chz)(V) Oriental Chicken w/ Rice Uncrustable/Cheese/Crackers(V)	Sandwich Variety(24g)* Winter Menu (Nov/Dec/Jan/ Feb/Mar) Soup & WG crackers (or) Roll Hot Dog on Bun(P)	Crunchy Taco Nachos Fish Sticks w/ Corn muffin Uncrustable/Cheese/Crackers(V)
Chicken Patty on Bun Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Pork Patty on Bun(P) Hamburger/Cheese on Bun	Chicken Patty on Bun Hamburger/Cheese on Bun	Pizza, Pepp. or Cheese(V) Hamburger/Cheese on Bun
Broccoli Macaroni & Cheese Peaches*/Seasonal Fruit* Chef Salad*	Mashed Potatoes Seasoned Green Beans Peaches*/Seasonal Fruit* Chef Salad* Fresh Baked Cookie	Corn Colorful California Vegetables Pineapple*/Seasonal Fruit* Chef Salad*	Yogurt, Cheese stick, Crackers(V) Mini Carrot Sticks Kid's Snack Mix (or) RF Doritos Fruit* Fresh Baked Cookie	Refried Beans w/ Salsa Sweet Waffle Fries Man. Oranges*/Seasonal Fruit* Chef Salad* coleslaw

*Chef Salad (Turkey, Turkey Ham, Ham, or Chicken Strips) served with WG crackers

*Sandwich Variety (Turkey, Ham, Uncrustable, Yogurt/Cheese Stick)

*Tossed Side Salad daily

*Go to Nutrislice website: <http://fayette.nutrislice.com/> - download Smartphone App or check with Manager on carbohydrates

USDA Nondiscrimination Statement

1% & Fat Free Milk available at Breakfast and Lunch (1 cup). 100% Fruit Juice available at Breakfast (4oz) and Lunch (6.75oz).

~Domino's Pizza 1x/month (day varies by school)

2016	August					September					October					November									
									1	2									1	2	3	4			
		10	11	12		5	6	7	8	9	3	4	5	6	7	10	11	12	13	14	7	8	9	10	11
15	16	17	18	19		12	13	14	15	16	17	18	19	20	21	14	15	16	17	18	21	22	23	26	27
22	23	24	25	26		19	20	21	22	23	24	25	26	27	28	21	22	23	26	27	28	29	30		
29	30	31				26	27	28	29	30	31					28	29	30							
December					2017 January					February					March										
					1	2	2	3	4	5	6			1	2	3			1	2	3				
					5	6	7	8	9	9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	
12	13	14	15	16	12	13	14	15	16	16	17	18	19	20	13	14	15	16	17	13	14	15	16	17	
19	20	21	22	23	23	24	25	26	27	23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	
26	27	28	29	30	30	31				30	31				27	28				27	28	29	30	31	
April					May					June															
3	4	5	6	7	1	2	3	4	5					1	2										
10	11	12	13	14	8	9	10	11	12	5	6	7	8	9											
17	18	19	20	21	15	16	17	18	19																
24	25	26	27	28	22	23	24	25	26																
					29	30	31																		

2016-2017
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Local Farm Fresh Days to be determined
Serving Local KY grown produce

Reminder: LENT begins Wed. March 1st-ends April 15th