

October 2024 KSI Lunch* Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Pasta with Meat Sauce: WG Pasta Served with Homemade Tomato Sauce, Ground Beef, Mozzarella Cheese, WG Texas Toast, Mixed Fruit, Milk	2. Sweet & Sour Shrimp: Served with WG Brown Rice, Roasted Broccoli, Mandarin Oranges, Milk	3. Chicken Stuffing Casserole: Served with Shredded Chicken, WG Stuffing, Peas, Carrots, Celery, Green Beans, Apple Sauce, Milk	4. BBQ Pork Sandwich: WG Hamburger Bun, Collard Greens, Baked Beans, Peaches, Milk
7. Chicken Tortilla Soup: WG Brown Rice, Black Beans, Chicken, Tomatoes, Corn, Cheddar Cheese, and Sour Cream, Mandarin Oranges, Milk	8. Breakfast for Lunch: Scrambled Eggs, Turkey Sausage, Cheddar Grits, WG Biscuit, Pineapple, Milk	9. Smothered Onion Pork Chops: Grilled Pork Chops Topped with Caramelized Onion Gravy, Mashed Potatoes, Sautéed Spinach, Apple Sauce, Milk	10. Shrimp & Sausage Pasta: WG Noodles, Shrimp, Italian Sausage, Creamy Tomato Sauce, Mixed Fruit, Milk	11. KFC Burrito: WG Tortilla, WG Breaded Chicken Cutlet, Mashed Potatoes, Corn, Chicken Gravy, Peaches, Milk
14. Chicken Parmesan Sandwich: WG Hamburger Bun, Housemade Tomato Sauce, Mozzarella Cheese, Green Beans, Apple Sauce, Milk	15. Loaded Shrimp Baked Potatoes: Creamy Shrimp Filling Inside Baked Potato, Mozzarella Cheese, Served with Broccoli, WG Roll, Mixed Fruit, Milk	16. Chicken & Black Bean Burrito Bowls: WG Brown Rice, Peppers, Onions, Grilled Chicken, Black Beans, Cheddar Cheese, Avocado, Mandarin Oranges, Milk	17. Winter Salad: Kale & Mixed Greens, Topped with Peaches, Grilled Chicken, Dried Cranberries, Mozzarella Cheese, WG Croutons, and a Cherry Vinaigrette, Milk	18. Tuna Melt Sandwich: Served on WG Wheat Bread, Topped with Swiss Cheese, Cole Slaw, Lettuce Tomato, Curly Fries, Pineapple, Milk
21. Lasagna Soup: WG Lasagna Noodles, Ground Beef, Tomato, Heavy Cream, Mozzarella Cheese, Mixed Fruit, Milk	22. Garlic Shrimp Sliders: Corn Flake Crusted Shrimp, Garlic Lemon Mayo, Shredded Lettuce, Tomato, Served on WG Slider Bun, Pineapple, Milk	23. Chicken Alfredo Casserole: Served with WG Noodles, Broccoli, Grilled Chicken, Peaches, Milk	24. Shrimp & Grits: Creole Buttered Shrimp Served with Cheddar Grits, Italian Sausage, Peppers & Onions, White Gravy, WG Roll, Mandarin Oranges, Milk	25. Pizza Friday! WG Cheese Pizza, Topped with Extra Cheese, Crumbled Italian Sausage, Served with Side Salad, Apple Sauce, Milk
28. Alaskan Fish Sticks: WG Breaded Fish Sticks Served with Tartar Sauce, Corn, Curly Fries, Mixed Fruit, Milk	29. Shrimp Melt: WG Rye Bread Topped with A Creamy Shrimp Filling, Mozzarella Cheese, Tomato, Served with Sweet Potato Tots, Pineapple, Milk	30. Pork Tacos: WG Brown Rice, Pulled Pork, Refried Pinto Beans, Cheddar Cheese, Lettuce, Tomato, Served on WG Taco Shell, Mandarin Oranges, Milk	31. Maple Balsamic Glazed Chicken: Served with Mashed Sweet Potatoes, Green Beans, WG Roll, Milk	

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.” ***Due to supply line issues and product shortages, planned menu items may change without advance notice.**

KSI is an equal opportunity provider