




KCP and KCEM Menu November Menu

<p>Monday 10-31</p> <p>Breakfast Whole Grain Cereal Sausage Muffin 14g Fresh Fruit Milk 18.20g</p> <p>Lunch Lemon Grilled Chicken 2g WG Rice 34g Broccoli 5g/ Roll Black bean Vegetable Burger 46g Fresh Produce Bar Milk 18.20g</p>	<p>Tuesday 11-1</p> <p>Breakfast WG Pancakes/ maple syrup 46g Chicken sausage 1g Fresh fruit Milk 18.20g</p> <p>Lunch WG -Pasta Marinara & Meatballs 52g Roasted Local Veggies 5g BBQ Chicken Nuggets 1g Fresh Produce Bar Milk 18.20g</p>	<p>Wednesday 11-2</p> <p>Breakfast WG Chicken Biscuit 32g Whole Grain Cereal Fruit Milk 18.20g</p> <p>Lunch KIPP Bowl mash-corn-chicken-gravy 45g Braised Green Beans 5g Tuna Salad WG Wrap 29g Fresh Produce Bar Milk 18.20g</p>	<p>Thursday 11-3</p> <p>Breakfast WG Waffles 37g Turkey sausage 1g Fruit Milk 18.20g</p> <p>Lunch BBQ Shredded Beef 34g WG Bun Baked Beans 30g WG -Sunset Salad Bake 29g Fresh Produce Bar Milk 18.20g</p>	<p>Friday 11-4</p> <p>Breakfast Cheesy Eggs 1g Housemade Muffin 64g Fresh Fruit Milk 18.20g</p> <p>Lunch Specialty Pizza 36g Cheese Pizza 36g Chicken Ranch Wrap 26g Fresh Produce Bar Milk 18.20g Fresh Fruit</p>
<p>Monday – 11-7</p> <p>Breakfast Whole Grain Cereal Sausage Muffin 14g Fresh Fruit Milk 18.20g</p> <p>Lunch Corn dogs 30g French Fries 21g Glazed carrots 7g Tuna Salad WG Wrap 29g Fresh Produce Bar Milk 18.20g</p>	<p>Tuesday 11-8</p> <p>Breakfast WG Pancakes/ maple syrup 46g Chicken sausage 12g Fresh fruit Milk 18.20g</p> <p>Lunch Fiesta Beef WG Mac & Cheese 45g Cilantro lime Corn 19g WG Cheeseburger Wrap 29g Fresh Produce Bar Milk 18.20g</p>	<p>Wednesday 11-9</p> <p>Breakfast WG Chicken Biscuit 32g Whole Grain Cereal Fruit Milk 18.20g</p> <p>Lunch Salisbury Steak – 3g Mashed potatoes 17g Fresh rolls – 43g Braised Green Beans 5g Baked WG –Pasta 32g Fresh Produce Bar Milk 18.20g</p>	<p>Thursday 11-10</p> <p>Breakfast WG Waffles 37g Turkey sausage 1g Fruit Milk 18.20g</p> <p>Lunch Chicken Basil Alfredo 29g Sautéed Spinach 4g Turkey WG Burger 20g Fresh Produce Bar Milk 18.20g</p>	<p>Friday 11-11</p> <p>Breakfast Cheesy Eggs 1g Housemade Muffin 64g Fresh Fruit Milk 18.20g</p> <p>Lunch French Bread Pizza 23g Chicken Ranch Wrap 30g Garden Salad Fresh Produce Bar Milk 18.20g</p>
<p>Monday 11-14</p> <p>Breakfast Whole Grain Cereal Sausage Muffin 14g Fresh fruit Milk 18.20g</p> <p>Lunch Local Veggie WG Pasta Bake 32g WG-Chicken Tenders 1g Produce Bar Milk 18.20g Fresh Fruit</p>	<p>Tuesday 11-15</p> <p>Breakfast WG -Pancakes/ Maple Syrup 46g Chicken Sausage 1g Fresh fruit Milk 18.20g</p> <p>Lunch Beef Fried Rice 68g Chicken Buffalo WG –Wrap 30g Fresh Produce Bar Milk 18.20g</p>	<p>Wednesday 11-16</p> <p>Breakfast WG Chicken Biscuit 32g Whole Grain Cereal Fruit Milk 18.20g</p> <p>Lunch BBQ Meatball WG –Subs 32g Waffle Fries 20g WG -Chicken Nuggets 1g Fresh Produce Bar Milk 18.20g Fresh Fruit</p>	<p>Thursday 11-17</p> <p>Breakfast WG -Mini Waffles 37g Turkey sausage 1g Fruit Milk 18.20g</p> <p>Lunch Holiday Meal Fresh Produce Bar Milk 18.20g / Fresh Fruit</p>	<p>Friday 11-18</p> <p>Breakfast Housemade Muffin 64g Cheesy eggs 1g Fresh Fruit Milk 18.20g</p> <p>Lunch Specialty Pizza 36g Cheese pizza 36g Buffalo Tofu Wrap 24g Fresh Produce Bar Milk 18.20g Fresh Fruit</p>
<p>Monday 11-21</p> <p>No school</p>	<p>Tuesday 11-22</p> <p>No school</p>	<p>Wednesday 11-23</p> <p>No school</p>	<p>Thursday 11-24</p> <p></p>	<p>Friday 11-25</p> <p>No school</p>

Variety of Milk is offered with all Breakfasts

All Lunches include a minimum choice of tossed salad, fresh vegetable and fresh fruit

KIPP Columbus is a **PORK FREE & PEANUT FREE** school. A Variety of Low-fat fluid milk served daily.

This Institution is an equal opportunity provider.

IMPORTANT: Please discuss any food allergy issues concerning your child with Liza Stokes AVI Resident Director lstokes@avifoodsystems.com

