

## **Kenwood School Lunch Program Detailed Meal Description**

All meals (excepting breakfast day) are served with romaine lettuce and a fruit (apple, pear or orange quarter, fruit salad (grapes, bananas, oranges, pineapple). The condiment table gives the children their choice of salad dressings (ranch, Italian, blue cheese, or Caesar) and additions to salad which can include; croutons, olives, tomatoes, cheese, cucumber, carrots, and more depending on availability.

### Condiments:

Depending on the meal, the condiment table may also have other items for the children to choose from including; cheese, salsa, sour cream, hot sauce, honey, margarine, and salt/pepper.

### Snack:

Each Monday, quesadillas (mixed cheese and flour tortillas) are available for morning snack.

Daily, premade bagels and peanut butter & jelly or banana or honey sandwiches on whole wheat bread, Quaker granola bars, Gogurt (yogurt), cheese sticks.

Upon availability, banana, carrot or pumpkin bread made with ½ butter replaced by applesauce and ½ flour replaced with whole wheat flour..

### Messy Spaghetti:

Whole grain spaghetti noodles, marinara made from scratch (starting with tomato paste) including onion, garlic, vegetable stock, pureed vegetables, olive oil, ground turkey.

### Cheesy Garlic Bread:

Purchased sourdough bread with pureed garlic, margarine (non hydrogenated) pizza mix cheese (provolone, cheddar, mozzarella)

### Baked BBQ Chicken:

Boneless/Skinless chicken thighs brushed with Cattleman's BBQ sauce

Baked Idaho Potatoes rubbed with garlic and margarine

Mixed Peas & Carrots (frozen)

### Pizza:

Whole Wheat Crust (half whole wheat & bakers flour) made from scratch, pizza sauce made from scratch (starting from tomato paste) pureed garlic. Pizza mix cheese (provolone, cheddar, mozzarella), with turkey pepperoni, olives, or vegetable.

### Hot Dogs:

Foster Farms chicken hot dogs on white buns. Ketchup, mustard, relish available.

### Goey Lasagna:

Marinara made from scratch, cottage cheese, mozzarella cheese, spinach, ground turkey.

### Chicken Pot-pie:

Boneless / Skinless chicken thighs, béchamel sauce (butter, flour, milk, chicken stock), peas / carrots / corn (frozen), pie crust (butter, flour, spices.

### Chicken Noodle Soup

Boneless / Skinless chicken thighs, chicken stock, pureed vegetables, carrots, noodles.

### Tomato Soup:

Tomato paste, vegetable stock, pureed vegetables.

### Grilled Cheese Sandwiches:

Whole wheat sliced bread, processed cheese slices, margarine, baked.

### Gnarly Nachos:

Pinto Beans (made from dry beans) smashed with canola oil, salt, lemon juice.

Ground turkey, Spanish rice (brown rice, vegetable stock, tomato paste), choice of mixed cheese (jack / cheddar) or nacho cheese sauce.

### Sandwich Day:

Whole wheat bread, choice of ham, turkey or peanut butter & jelly sandwich. Ham and turkey choice of with or without mayonnaise and processed cheese slices. Mustard and pickles available. Cookies are made with ½ butter replaced with applesauce, ½ flour is replaced with whole wheat flour, oatmeal, raisins, chocolate chips.

### Tasty Teriyaki Chicken:

Boneless / Skinless chicken thighs, Kikkoman teriyaki sauce, roasted carrots, steamed broccoli, mini corn, steamed rice, Jello.

### Chunky Chili:

Tomato paste, canned pre-cut tomatoes, kidney beans, vegetable stock, pureed vegetables, olive oil, onions, ground turkey, sometimes frozen corn.

### 'Lotta Enchilada:

Ground Turkey, cheese (jack/cheddar), flour tortillas, onions, La Victoria enchilada sauce. Served with Spanish rice (brown rice, vegetable stock, tomato paste: and pinto Beans (made from dry beans) smashed with canola oil, salt, lemon juice.

### Great Garlic Chicken:

Boneless / Skinless chicken thighs, pureed garlic, served with baked potatoes and peas & carrots (frozen).

### Breakfast for Lunch:

Scrambled eggs, home fries (diced potatoes with onions baked), French toast sticks (whole wheat bread, egg, milk, baked)

### Tacos:

Purchased corn taco shells, pinto Beans (made from dry beans) smashed with canola oil, salt, lemon juice, ground turkey meat, mixed cheese (jack/cheddar), served with Spanish rice (brown rice, vegetable stock, tomato paste..