



Kettle Lake Elementary Lunch Menu

September 2022

Menu is Subject to Change

Go to www.familyportal.cloud to view the history or deposit money to your child's account.

Do not forget to submit a new Free & Reduced App for the new school year.

Why aren't meals free in the '22-'23 school year? The USDA made it possible for school nutrition programs to serve all students free breakfast and lunch through "waivers." Congress did not extend these waivers for the upcoming school year, so we will go back to regularly priced lunch for '22-'23. Please be sure to fill out a meal benefit application, which will be available July 1, 2022.



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

New Meal Prices:

Breakfast \$1.45
Lunch: \$2.40

Check out our website for nutritional information.

5 **No School**

12 1. Hot Dog
2. Chicken Nuggets
3. Healthy Choice
4. Ham & Turkey Sub Sack Lunch
5. PB&J
Baked Beans
Fruit
Milk/Juice

19 1. French Toast & Sausage
2. Pizza
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Hash brown
Fruit
Milk/Juice

26 **New**
1. Belgian Waffles & Sausage
2. Corndog
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Hash brown
Fruit
Milk/Juice

6 1. Chicken Nuggets
2. Cheeseburger
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Smile Fries
Fruit
Milk/Juice

13 1. Chicken Tenders
2. Corndog
3. Healthy Choice
4. Ham & Turkey Sub Sack Lunch
5. PB&J
Mashed Potatoes & Gravy
Fruit
Milk/Juice

20 1. Chicken Smackers
2. Pizza
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Mashed Potatoes & Gravy
Fruit
Milk/Juice

27 1. Chicken Nuggets
2. Corndog
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Mashed Potatoes & Gravy
Fruit
Milk/Juice

7 1. Pizza
2. Cheeseburger
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Corn
Fruit
Milk/Juice

14 1. Pizza
2. Chicken Nuggets
3. Healthy Choice
4. Ham & Turkey Sub Sack Lunch
5. PB&J
Corn
Fruit
Milk/Juice

21 1. Pizza
2. Chicken Sandwich
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Corn
Fruit
Milk/Juice

28 1. Pizza
2. Corndog
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Corn
Fruit
Milk/Juice
Ace Giveaway

8 1. Nachos
2. Cheeseburger
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Refried Beans
Fruit
Milk/Juice

15 1. Mac N Cheese & Garlic Toast
2. Chicken Nuggets
3. Healthy Choice
4. Ham & Turkey Sub Sack Lunch
5. PB&J
Broccoli
Fruit
Milk/Juice

22 1. Walking Taco
2. Pizza
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Refried Beans
Fruit
Milk/Juice
Ace Birthday Month Popsicle Giveaway

29 1. Cheeseburger
2. Corndog
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Baked Beans
Fruit
Milk/Juice

9 1. Bosco
2. Cheeseburger
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Green Beans
Milk/Juice

16 1. Chicken Sandwich
2. Chicken Nuggets
3. Healthy Choice
4. Ham & Turkey Sub Sack Lunch
5. PB&J
French Fries
Fruit
Milk/Juice

23 1. Pretzel & Cheese Sauce
2. Pizza
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Green Beans
Fruit
Milk/Juice

30 1. Bosco
2. Corn dog
3. Healthy Choice
4. Ham & Cheese Sack Lunch
5. PB&J
Tater Tots
Milk/Juice

2 **No School**

1 1. Rotini & Meat Sauce
Garlic Toast
2. Chicken Sandwich
3. Healthy Choice
4. Turkey & Cheese Sack Lunch
5. PB&J
Green Beans
Fruit
Milk/Juice