



FEBRUARY | 2018

KND After School Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Grilled Cheese, Fresh Fruit, Craisins, Fruit Grain Bar	2
5 Strawberry Jamwich, Applesauce, Cheese Stick, Carrots, Teddy Grahams	6 WG Pizza Pocket, Fresh Fruit, Apple Juice, Goldfish	7 Ham & Cheese Sub, Apple, Orange Juice, Sun Chips	8 Breaded Chicken Tender Ranch Wrap, Fresh Fruit, Craisins, Cheez-its	9
12 Grape Jamwich, Applesauce, Cheese Stick, Carrots, Minion Graham Crackers	13 Fruit Smoothies, Cheese Stick, Fresh Fruit, Granola Bar, Gripz Grahams	14 Salami & Cheese Sub, Craisins, Apple Juice Sun Chips	15 Grilled Cheese, Fresh Fruit, Craisins, Fruit Grain Bar	16
19 <i>Winter Break - No School -</i>	20 WG Pizza Pocket, Fresh Fruit, Apple Juice, Goldfish	21 Ham & Cheese Sub, Apple, Orange Juice, Sun Chips	22 Breaded Chicken Tender Ranch Wrap, Fresh Fruit, Craisins, Cheez-its	23
26 Strawberry Jamwich, Applesauce, Cheese Stick, Carrots, Teddy Grahams	27 Fruit Smoothies, Cheese Stick, Fresh Fruit, Granola Bar, Gripz Grahams	28 Salami & Cheese Sub, Craisins, Apple Juice Sun Chips		

Information



Lunch includes selections from the Veggie Bar which may include fresh pepper strips, cherry tomatoes, cucumbers, spinach or romaine lettuce, cauliflower, broccoli, celery, and carrot sticks

All of our breads and buns are 100% whole grain



Ice cold milk options available daily: fat free white, low fat white, and fat free chocolate, fat free strawberry



Pam Monroe, Head Cook,
Tim Klenow FS Director,
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farm to school



homemade



meatless lunch

This Institution is an equal opportunity provider