



## Kingsley Montgomery Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Attraction</b>	Pizzeria Pizza (31g)	Grilled Cheese (31g)	French Toast Sticks (28g)	Breaded Chicken Drumstick (5g)	Beef Taco Stick (32g)
	Savory Green Beans (3g)	Seasoned Corn (15g)	(2) Sausage Tri-Taters Hash Browns (16g)	Steamed Carrots (6g) Dinner Roll (17g)	Steamed Broccoli (3g)
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Attraction</b>	Pizzeria Pizza (31g)	Walking Taco (38g)	Sloppy Joe (48g)	Mini Corn Dogs (34g)	Chicken & Waffles (59g)
	Savory Green Beans (3g)	Seasoned Corn (15g)	Tater Tots (16g)	Steamed Carrots (6g)	Seasoned Wedges (18g)
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Attraction</b>	Pizzeria Pizza (31g)	Cheese Quesadilla (40g)	Popcorn Chicken (20g)	Macaroni & Cheese (32g)	Chili Dog (30g)
	Savory Green Beans (3g)	Steamed Carrots (6g)	Mashed Potatoes w/Gravy (17g) Dinner Roll (17g)	Steamed Broccoli (3g) Dinner Roll (17g)	Seasoned Wedges (18g)

Daily Healthy Zone	Monday	Tuesday	Wednesday	Thursday	Friday
	Baby Carrots (7g) Mixed Berry Cup (20g) Apple (22g)	Baby Carrots (7g) Apple Slices (7g) Apple (22g)	Baby Carrots (7g) Strawberry Cup (22g) Apple (22g)	Baby Carrots (7g) Applesauce (14g) Apple (22g)	Baby Carrots (7g) Apple Slices (7g) Apple (22g)

Daily Pre-order	Monday	Tuesday	Wednesday	Thursday	Friday
	Bean & Cheese Burrito (41g)	Bean & Cheese Burrito (41g)	Bean & Cheese Burrito (41g)	Bean & Cheese Burrito (41g)	Bean & Cheese Burrito (41g)
	Beef Ravioli (30g) w/Dinner Roll (17g)	Beef Ravioli (30g) w/Dinner Roll (17g)	Beef Ravioli (30g) w/Dinner Roll (17g)	Beef Ravioli (30g) w/Dinner Roll (17g)	Beef Ravioli (30g) w/Dinner Roll (17g)
	Macaroni & Cheese (32g) w/Dinner Roll (17g)	Macaroni & Cheese (32g) w/Dinner Roll (17g)	Macaroni & Cheese (32g) w/Dinner Roll (17g)	Macaroni & Cheese (32g) w/Dinner Roll (17g)	Macaroni & Cheese (32g) w/Dinner Roll (17g)
	Turkey & Cheese Sub (33g)	Turkey & Cheese Sub (33g)	Turkey & Cheese Sub (33g)	Turkey & Cheese Sub (33g)	Turkey & Cheese Sub (33g)
	Wowbutter & Jelly Jammer Sandwich (55g)	Wowbutter & Jelly Jammer Sandwich (55g)	Wowbutter & Jelly Jammer Sandwich (55g)	Wowbutter & Jelly Jammer Sandwich (55g)	Wowbutter & Jelly Jammer Sandwich (55g)

Daily Breakfast Choices	Monday	Tuesday	Wednesday	Thursday	Friday
	Bagel (29) w/Cream Cheese (1g)	Bagel (29) w/Cream Cheese (1g)	Bagel (29) w/Cream Cheese (1g)	Bagel (29) w/Cream Cheese (1g)	Bagel (29) w/Cream Cheese (1g)
	Benefit Bar (see pkg.)	Benefit Bar (see pkg.)	Benefit Bar (see pkg.)	Benefit Bar (see pkg.)	Benefit Bar (see pkg.)
	Cereal (see pkg.)	Cereal (see pkg.)	Cereal (see pkg.)	Cereal (see pkg.)	Cereal (see pkg.)
	Cereal Bars (see pkg.)	Cereal Bars (see pkg.)	Cereal Bars (see pkg.)	Cereal Bars (see pkg.)	Cereal Bars (see pkg.)
	Muffin (see pkg.)	Muffin (see pkg.)	Muffin (see pkg.)	Muffin (see pkg.)	Muffin (see pkg.)
	Oatmeal (19g)	Oatmeal (19g)	Oatmeal (19g)	Oatmeal (19g)	Oatmeal (19g)
	Yogurt (20g)	Yogurt (20g)	Yogurt (20g)	Yogurt (20g)	Yogurt (20g)

Daily Beverages	Monday
	Apple Juice (14g), Orange Juice (12g), Chocolate 1% (24g), Strawberry 1% (22g) & White 1% (11g)

Your lunch choices includes: An entrée with protein & whole grains, vegetable side dishes, fruit side dishes, and a variety of milk.

This institution is an equal opportunity provider.

Any questions contact the Food Service Department at (248) 682-0394 or Samantha Mozdierz, MSA, RDN, SNS at mozdzs01@wsdmi.org

### Free and Reduced Applications

Only one application per family is needed even if your children go to different schools.

**ALL** household members **MUST** be included on the application  
When submitting an application, parents **WILL BE CHARGED** for meals until the process is complete.  
(This could take several weeks)

**APPLY AT: WWW.LUNCHAPP.COM**  
TO GREATLY SHORTEN PROCESSING TIME