



SCHOOL NUTRITION DEPARTMENT

High

FEBRUARY 2025

FEBRUARY CELEBRATIONS

- Happy President's Day
Happy Valentine Day
Celebrating Broccoli Month!

- Per Ounce, broccoli has as much calcium as milk
Presidents Day was established in 1885 in honor of President George Washington's birthday.

MENU NOTES

LOW FAT UNFLAVORED, FAT FREE STRAWBERRY, FAT FREE CHOCOLATE AND LACTOSE FREE. K - 12 STUDENTS ARE NOT REQUIRED TO TAKE MILK.

KISD MENUS ARE SUBJECT TO LAST MINUTE CHANGES DUE TO NATION WIDE SUPPLY CHAIN ISSUES.

Meal Prices

Student Breakfast - FREE for all KISD students
Elementary Lunch - \$2.75
Secondary Lunch - \$3.00

Adults Breakfast \$2.75
Lunch \$4.25

Monday

- 3 Beefy walking Tacos(SHS)
Turkey & Cheese Sandwich(KCC)
Breaded Chicken Sandwich
Crispy Chicken Salad(KCC)
Pizza Hut Cheese or Pepperoni Pizza(KCC)(SHS)
Tater Tots
Baked Beans
Fresh Tomatoes Grape
Fresh Apple
Fresh Grapes Seedless

- 10 Teriyaki Chicken LoMein(KCC)
Pulled Pork Hoagie
Black Bean Fiesta Salad
Turkey & Provolone Wrap (KCC)
Pizza Hut Cheese or Pepperoni Pizza(KCC)(SHS)
Tater Tots
Oriental Blend Vegetables
Fresh Tomatoes Grape
Fresh Apples
Fresh Grapes Seedless



- 24 Chicken & Cheese Crispy Tacos
Pulled Pork Hoagie (KCC)
Pizza Hut Cheese or Pepperoni Pizza(KCC)(SHS)
Black Bean Fiesta Salad
Smoked Ham & Cheese Wrap(KCC)
Crispy Tater Tots
Fresh Grape Tomatoes
Seasoned Green Beans
Fresh Grapes
Fresh Apples

Tuesday

- 4 Cheese Mozzarella Stick
Turkey & Cheese Sandwich(KCC)
Chicken Enchiladas Rojas
Three Cheese Calzone
Cheeseburger or Veggie Burger (KCC)
Crispy Chicken Salad(SHS)
Vegetarian Refried Beans
Fresh Broccoli Florets
Mashed Potato
Diced Peaches, Fresh Apple
Fresh Orange or Banana

- 11 Cheese Mozzarella Stick (SHS)
Cheese Quesadilla (KCC)
Cheeseburger or Veggie Burger (SHS)
Black Bean Fiesta Salad(KCC)
Turkey & Provolone Wrap
Fresh Broccoli Florets
French Fries
Mexicorn
Diced Peaches
Assorted Fresh Fruit

- 18 Cheeseburger or Veggie Burger(SHS)
Broccoli & Cheese Baked Potato & Biscuit(KCC)
Autumn Craisin Salad(SHS)
Three Cheese Calzone
Deli Ham & Cheese Sandwich
Sweet Potato Fries
Fresh Florets Broccoli - Kickin' Pinto Beans
Diced Peaches
Assorted Fresh Fruit

- 25 Cheese or Veggie Burger
Popcorn Chicken Hearty Bowl w/Roll(KCC)(SHS)
Mozzarella Pizza Stick(KCC)
Black Bean Fiesta Salad(SHS)
Smoked Ham & Cheese Wrap
Fresh Florets Broccoli
Seasoned Mashed Potatoes
Diced Peaches
Fresh Orange
Fresh Banana
Warm Apples

Wednesday

- 5 Asian Bowl Orange Chicken (KCC)(SHS)
Chilled Turkey & Cheese Sandwich
Sweet n' Savory Bento Box
Crispy Chicken Salad
Skinny Crust Cheese or Buffalo Chicken Pizza (KCC)
Fresh Cucumber Coins
Curly Fries
Oriental Blend Vegetables
Warm Apples
Fresh Orange, Orange Mandarin
Fresh Apple

- 12 Chicken & Cheese Tamales(KCC)
Chicken Drumstick & Waffles(SHS)
Skinny Crust Cheese or Buffalo Chicken Pizza (KCC)
Black Bean Fiesta Salad
Turkey & Provolone Wrap
Baked Beans
Curly Fries
Celery Sticks
Fresh Banana
Fresh Orange or Orange Mandarin
Fresh Red Apple

- 19 BBQ Drumstick & Roll(KCC)(SHS)
Bean & Cheese Burrito(KCC)(SHS)
Autumn Craisin Salad
Deli Ham & Cheese Sandwich(KCC)
Veggie Pizza
Curly Fries
Cucumber Coins
Seasoned Broccoli
Assorted Fresh Fruit

- 26 Chicken Drumstick w/Waffles(SHS)
Teriyaki Chicken & Rice(KCC)(SHS)
Cheese Pizza(KCC)
Black Bean Fiesta Salad
Smoked Ham & Cheese Wrap(KCC)
Fresh Celery Sticks
Oriental Blend Vegetables
Roasted Sweet Potatoes
Orange Mandarin
Assorted Fresh Fruit

Thursday

- 6 Beef Lasagna & Breadstick (KCC)(SHS)
Provolone Patty Melt or Veggies Burger
Pizza Mozzarella Stick
Crispy Chicken Salad
Chilled Turkey & Cheese Sandwich
French Fries
Seasoned Green Beans
Side Salad w/Dressing
Diced Pears
Assorted Fresh Fruit

- 13 Mac & Cheese and Steak Fingers(KCC)(SHS)
Cheesy Chicken Quesadilla(SHS)
Veggie Burger or Provolone Patty Melt(KCC)
Black Bean Fiesta Salad
Turkey Provolone Wrap (KCC)
French Fries
Side Salad w/Dressing
Seasoned Broccoli
Diced Pears or Warm Apples
Assorted Fresh Fruit

- 20 Homemade Beef Spaghetti (SHS)
Cheeseburger or Veggie Burger (KCC)
Cheesy Chicken Quesadilla (SHS)
Deli Ham & Cheese Sandwich
French Fries
Side Salad w/Dressing
Seasoned Green Beans
Diced Pears
Warm Apples
Assorted Fresh Fruit

- 27 Chili Mac w/Cheese Breadstick
Cheeseburger (KCC)or Veggie Burger(SHS)
Chicken Fajita Tacos(KCC)(SHS)
Smoked Ham & Cheese Wrap(KCC)
Black Bean Fiesta Salad
French Fries
Side Salad w/Dressing
Steam Mixed Vegetables
Diced Pears
Assorted Fresh Fruit

Friday

- 7 Chicken Fajita or Cheese Nachos (KCC)
Steak Fingers w/Roll
Spicy Chicken Sandwich
Pizza Hut Cheese or Pepperoni Pizza (KCC)(SHS)
Chilled Turkey & Cheese Sandwich
Tater Tots
Black Bean & Corn Salad
Fresh Baby Carrots
Mixed Fruit
Fresh Apples

- 14 Happy Valentine's Day
Chicken Strips & Roll
Cheese or Pulled Pork Nachos
Turkey & Provolone Wrap
Pizza Hut Cheese or Pepperoni Pizza
Emotions Fries
Vegetarian Refried Beans
Fresh Baby Carrots
Mixed Fruit
Fresh Apples
Pumpkin Pie (KCC)(SHS)

- 21 Cheese or Chicken Fajita Nachos
Spicy Chicken Sandwich (SHS)
Steak Fingers & Roll (KCC)
Deli Ham & Cheese Sandwich
Pizza Hut Cheese or Pepperoni Pizza(KCC)(SHS)
Tater Tots
Fresh Tomato Wedges
Black Bean & Corn Salad
Mixed Fruit
Fresh Apples

- 28 Cheese or Beef Nachos
Spicy Chicken Sandwich (KCC)
Chicken Corn Dog(SHS)
Pizza Hut Cheese or Pepperoni Pizza(KCC)(SHS)
Smoked Ham & Cheese Wrap(KCC)
Tater Tots
Baby Carrots
Vegetarian Refried Beans
Mixed Fruit
Assorted Fresh Fruit

LUNCH