| October 2025 KSI Lunch* Menu   |   |  |  |  |
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| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|  |   | Chicken Cobb Salad  Lettuce, Shredded Cheddar, Chicken, Bacon, Tomatoes, Cucumbers, Avocado, WG Croutons, Peaches, Fat Free Chocolate Milk   | Shepard's Pie Ground Beef, Corn, Peas, Carrots, Mashed Potatoes, Topped with Shredded Cheddar Cheese. Served with WG Roll, Pears, and Fat Free Chocolate Milk                            | 3. Chicken Tenders Served with Crinkle Cut Fries, Cole Slaw, Tropical Fruit, Choice of Dipping Sauce, and Fat Free Chocolate Milk  |
| Mexican Rice Casserole  WG Brown Rice, Shredded Chicken, Roasted Corn, Black Beans, Tomato Salsa, Topped with Shredded Cheddar Cheese. Served with Pineapple and Fat Free Chocolate Milk | 7.  Open Faced Turkey Sandwich  WG Wheat Bread Topped with  Carved Turkey, White American  Cheese, Brown Gravy. Served with  Mashed Potatoes, Mixed Fruit, and  Fat Free Chocolate Milk | 8. Swedish Meatballs Served with WG Egg Noodles, Ranch Roasted Carrots, Hawaiian Roll, Apple Sauce, Fat Free Chocolate Milk  | 9. White Lasagna Lasagna Noodles, Shredded Chicken, Garlic Spinach, Alfredo Sauce. Served with WG Texas Toast, Peaches, and Fat Free Chocolate Milk                                      | Chicken Caesar Wraps WG Tortilla, Shredded Chicken, Lettuce, Parmesan Cheese, Garlic Bread Crumbs, Choice of Dressing, Pears, and Fat Free Chocolate Milk                            |
| Alaskan Fish Sticks Served with Tater Tots, Tartar Sauce, Tropical Fruit, and Fat Free Chocolate Milk  | Chicken Alfredo  WG Elbow Noodles, Shredded Chicken, Chopped Broccoli, Housemade Alfredo Sauce, Texas Toast, Apple Sauce, Fat Free Chocolate Milk                                       | Homestyle Meatloaf Beef Meatloaf Served with Collard Greens, Mac & Cheese, Pears, WG Roll, Fat Free Chocolate Milk   | Chili Cheese Loaded Tots  Potato Tots Topped with Chili Beef, Kidney Beans, Shredded Cheddar Cheese. Served with WG Corn Bread, Pineapple, and Fat Free Chocolate Milk                   | Chicken Tortilla Soup  Shredded Chicken, Corn, Black Beans, in a Tomato Broth, Served with Crushed Tortilla Chips, WG Corn Bread, Mixed Fruit, and Fat Free Chocolate Milk           |
| Soup/Sandwich Combo WG Ham and Cheese Sandwich Served with a Creamy Tomato Soup, Apple Sauce, and Fat Free Chocolate Milk  | Salisbury Steak Served with Mashed Potatoes, Green Beans, Brown Gravy, WG Roll, Peaches, and Fat Free Chocolate Milk  | Shepard's Pie Mashed Potatoes Served Over Ground Beef, Peas, Carrots, Corn, Onions, Topped with Shredded Cheddar Cheese. Served with WG Roll, Pears, and Fat Free Chocolate Milk                 | Chicken Parmesan Sandwich WG Hamburger Bun, Breaded Chicken Cutlet, Rustic Tomato Sauce, Mozzarella Cheese. Served with Mixed Fruit, and Fat Free Chocolate Milk                         | Broccoli Cheddar Lasagna Soup Creamy Broccoli Cheddar Soup Served with Shredded Cheddar, Lasagna Noodles, WG Roll, Mandarin Oranges, and Fat Free Chocolate Milk                     |
| Sweet & Sour Chicken WG Brown Rice, Carrots, Corn, Scrambled Egg, Peas, Topped with Popcorn Chicken, Sweet and Sour Sauce. Served with Pineapple, and Fat Free Chocolate Milk            | 28. Chicken & Dumplings Served with Cole Slaw, Tropical Fruit, and Fat Free Chocolate Milk  | Chicken Philly Cheesesteaks WG Hot Dog Bun Filled with Shaved Chicken, White American Cheese, Caramelized Onions. Served with Crinkle Cut French Fries, Apple Sauce, and Fat Free Chocolate Milk | 30. Spaghetti with Meatballs WG Spaghetti Topped with a Rustic Tomato Sauce, All Beef Meatballs, Mozzarella Cheese. Served with Garlic Texas Toast, Peaches, and Fat Free Chocolate Milk | Chili & Cornbread  All Beef Chili, Dark Kidney Beans, Stewed in A Rich Tomato Sauce. Topped with Shredded Cheese. Served with WG Corn Bread, Mixed Fuit, and Fat Free Chocolate Milk |

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