



Cycle 1

KIPP Indy Unite & College Prep Lunch Menu

{Week of November 4}

KIPP:INDY
PUBLIC SCHOOLS

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	MON	TUES	WED	THURS	FRI
BREAKFAST*	Cereal & Grahams with Apple	Blueberry Loaf with Orange and Raisin	Chocolate Muffin and Grahams with Apple	Breakfast Round with Orange and Raisin	Strawberry Pop Tart with Graham and Apple
ENTREE	Hot Dog	Chicken Tenders with Texas Toast	Asian Dumplings & Rice	French Toast & T. Sausage	Chicken Tacos <i>National Taco day</i>
GRILL	Manager's Choice	Election Day No school	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	C. Ham and Cheese Sandwich	Egg Chef Salad & Dinner Roll	Ham and Cheese Sandwich	Egg Chef Salad with Dinner Roll	C. Ham and Cheese Sandwich
FRUIT&VEG	Baked Beans, Baby Carrots, Choice of Fruit	Sweet Corn, Fresh Broccoli, Choice of Fruit	Steamed Broccoli, Sliced Cucumber, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Green Beans, Baby Carrots, Choice of Fruit

Menus are subject to change.



All Meals Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk



This institution is an equal
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CYCLE MENU 2

KIPP Indy Unite & College Prep LUNCH MENU

[Week of November 11]

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Breakfast Bar & Grahams with Apple	Powdered Doughnuts with Orange and Raisins	Chocolate Chip Muffin Top and Grahams with Apple	Banana Chocolate Benefit Bar with Orange and Raisins	Cinnamon Pop Tart and Grahams with Apple
ENTREE	BBQ Chicken Flatbread	Beef Nachos	Buffalo Mac & Cheese	<i>Friends giving meal: Turkey Manhattan</i>	Pepperoni Pizza
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Turkey Sandwich	Ham and Pizza Salad with Flatbread	Pretzel Pack Lunch	Ham and Pizza Salad with Flatbread	Turkey Sandwich
FRUIT & VEG	Steamed Broccoli, Celery Sticks, Choice of Fruit	Kickin' Pinto Beans, Baby Carrots, Choice of Fruit	Steamed Carrots, Fresh Broccoli, Choice of Fruit	Mashed Potatoes, Sliced Cucumber, Choice of Fruit	Sweet Corn, Baby Carrots, Choice of Fruit

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Cycle Menu 3

KIPP Indy Unite & College Prep LUNCH MENU

{Week of November 18}

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Cereal Bar and Grahams with Apple	Banana Loaf with Orange and Raisin	Chocolate Muffin and Grahams with Apple	Chocolate Chip Benefit Bar with Orange and Raisin	Rice Crispy and Grahams with Apple
ENTREE	Beef Tacos	Cheeseburger	Pancake Bites with Turkey Sausage	Chicken Nuggets with Goldfish	Max Pizza Sticks
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Rice Crispy Day!
EXPRESS	C. Ham Sandwich	Muffin Pack	C. Ham Sandwich	Muffin Pack	C. Ham Sandwich
FRUIT & VEG	Sweet Corn, Romaine Salad, Choice of Fruit	Fries, Baby Carrots, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Baked Beans, Sliced Cucumber, Choice of Fruit	Steamed Broccoli, Baby Carrots, Choice of Fruit

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Cycle Menu 4

KIPP Indy Unite & College Prep LUNCH MENU

[Thanksgiving Week]

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Cereal Bar & Graham with Apple	Lemon Bread with Orange and Raisin	Rice Crispy and Grahams with Apple <i>Rice Crispy Day</i>	Cinnamon Breakfast Round with Orange and Raisin	Fudge Pop Tart and Graham with Apple
ENTREE	Orange Chicken with Rice	Chicken Patty	Waffles with Turkey Sausage	Penne Pasta with Marinara and C. Meatballs	Cheese Pizza
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Turkey Sandwich	Turkey Chef Salad with Dinner Roll	Make Your Own Pizza Pack Lunch	Turkey Chef Salad with Dinner Roll	Turkey Sandwich
FRUIT & VEG	Steamed Carrots, Fresh Broccoli, Choice of Fruit	Baked Beans, Baby Carrots, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Green Beans, Romaine Salad, Choice of Fruit	Roasted Broccoli, Sliced Cucumber, Choice of Fruit

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CYCLE MENU 5

KIPP Indy Unite & College Prep LUNCH MENU

[Week of December 2nd]

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Cereal Bar and Graham with Apple	Lemon Bread with Orange and Raisin	Blueberry Muffin and Graham with Apple	Chocolate Chip Benefit Bar with Orange and Raisin	Cinnamon Pop Tart and Grahams with Apple
ENTREE	Cheese Pizzadilla	Corn Dog	Walking Tacos	Chicken Tenders with Pumpkin Muffin Square	Bosco Sticks
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice <i>Halloween</i>	Manager's Choice
EXPRESS	Bagel Pack Lunch	Diced Chicken Salad with Flatbread Wedge	C. Ham Wrap	Diced Chicken Salad with Flatbread Wedge	Bagel Pack Lunch
FRUIT & VEG	Kickin' Pinto Beans, Baby Carrots, Choice of Fruit	French Fries, Fresh Broccoli, Choice of Fruit	Sweet Corn, Celery Sticks, Choice of Fruit	Baked Beans, Baby Carrots, Choice of Fruit	Green Beans, Romaine Salad, Choice of Fruit

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