



KIPP Indy Unite & College Prep Lunch Menu

Weeks of: 8/4, 9/8, 11/17, 12/22

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BREAKFAST*

ENTREE

GRILL

EXPRESS

FRUIT&VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Pop tart and Graham with fruit	Coco Puff Cereal Bar with cheese stick and fruit	Cinnamon toast crunch with graham and fruit	Cinnamon dazzle round with fruit	Apple frudel with fruit and juice
ENTREE	Chicken Paty Sandwich	Turkey Barbacoa Tacos	Orange Chicken with Rice	French Toast & T. Sausage	Pepperoni Pizza
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Make your Own Bagel Pizza	Egg Chef Salad & Dinner Roll	Make your Own Bagel Pizza	Egg Chef Salad with Dinner Roll	Make your Own Bagel Pizza
FRUIT&VEG	Fries, Fresh Broccoli, and Choice of Fruit	Kickin Pinto Beans, Red Peppers, and Choice of Fruit	Peas and Carrots, Edamame, and Choice of Fruit	Tater Tots, Celery Sticks, and Choice of Fruit	Shredded Romaine, Baby Carrots, Choice of Fruit

Menus are subject to change.



Daily fruit options may include a combination of the following:
whole apple, oranges, Banana,
4oz juice, fruit cup, apple slices.

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

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CYCLE MENU 2

KIPP Indy Unite & College Prep LUNCH MENU

Weeks of: 8/11, 9/15, 10/20, 11/24

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Trix Cereal with Graham and Fruit	Strawberry Nutrigrain bar with cheese stick and Fruit	Cinna Toast Crunch Bar with Graham and Fruit	Chocolate Chip Round with fruit	Pancake Stick with fruit
ENTREE	Mini Corndogs and Mac and Cheese	Beef Nachos	Country Chicken Bowl with Breadstick	Chicken Tender with Waffle	Buffalo Cheese Pizza Stick
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Turkey Sandwich	Turkey Chef Salad with Roll	Turkey Sandwich	Turkey Chef Salad with Roll	Turkey Sandwich
FRUIT & VEG	Steamed Broccoli, Celery Sticks, and Choice of Fruit	Black Beans, Red Peppers, and Choice of Fruit	Baby Carrots and Choice of Fruit	Tater Tots, Cucumbers, and Choice of Fruit	Shredded Romaine, Baby Carrots, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following:
whole apples, oranges, ananas, 4 oz juice, fruit cups, and apple slices

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Cycle Menu 3

KIPP Indy Unite & College Prep LUNCH MENU

Weeks of: 8/18, 9/22, 10/27, 12/1

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Honey cheerios with Yogurt and Fruit	Blueberry Loaf with Fruit	Blueberry Nutrigrain Bar with Graham and Fruit	Bagel with Jelly and Fruit	Chocolate Crescent with Fruit
ENTREE	Beef Tacos	Corn Dog	Honey stung Chicken with Biscuit	Mini Maple Pancakes with Cheese Omelet	Bosco Sticks
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Turkey and Cheese Sandwich	Chicken and Cheese Salad	Turkey and Cheese Sandwich	Chicken and Cheese Salad	Turkey and Cheese Sandwich
FRUIT & VEG	Black Beans, Romaine Salad, and Choice of Fruit	Steamed Broccoli, Baby Carrots, and Choice of Fruit	Fries, Celery Sticks, and Choice of Fruit	Tater Tots , Sliced Cucumber, and Choice of Fruit	Fresh Spinach, Red Peppers, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, ananas, 4 oz juice, fruit cups, and apple slices.

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Cycle Menu 4

KIPP Indy Unite & College Prep LUNCH MENU

Weeks of: 8/25, 9/29, 10/27, 12/8

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Coco Puff Cereal Bar with Cheese stick and Fruit	Oatmeal Chocolate Banana Bar with Fruit	Pop Tart and Graham and Fruit	Froot Loops and Yogurt with Fruit	Sausage Breakfast Pizza with Fruit
ENTREE	Chicken Lomein	Chicken Patty with Legacy Sauce	Penne and Meatballs with Marinara	Waffles and Sausage	Cheese Pizza
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	Make your Own Flatbread Pizza	Popcorn Chicken Salad with Roll	Make your Own Flatbread Pizza	Popcorn Chicken Salad with Roll	Make your Own Flatbread Pizza
FRUIT & VEG	Steamed Broccoli, Baby Carrots, and Choice of Fruit	Baked Beans, Fresh Broccoli, and Choice of Fruit	Green Beans, Baby Carrots, and Choice of Fruit	Tater Tots, Sliced Cucumber, and Choice of Fruit	Baby Carrots, Sliced Cucumber, and Choice of Fruit

Menus are subject to change.

Daily fruit options may include a combination of the following: whole apples, oranges, ananas, 4 oz juice, fruit cups, and apple slices.

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CYCLE MENU 5

KIPP Indy Unite & College Prep LUNCH MENU

Weeks of: 9/1, 10/6, 11/10, 12/15

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	MON	TUES	WED	THURS	FRI
BREAKFAST*	Lucky Charms Cereal with String Cheese and Fruit	Pop Tart with Graham and Fruit	Golden Graham Cereal Bar with Yogurt and Fruit	Pumpkin Loaf and Fruit	Blueberry waffle with Fruit
ENTREE	Fish Sticks with Mac and Cheese	Chicken Tenders with Garlic Knot	Walking Taco	Bacon Cheeseburger	Pizza Sticks with Marinara
GRILL	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice	Manager's Choice
EXPRESS	C. Ham Sandwich	C Ham Chef Salad with Roll	C. Ham Sandwich	C Ham Chef Salad with Roll	C. Ham Sandwich
FRUIT & VEG	Baked Beans, Fresh Broccoli, and Choice of Fruit	French Fries, Fresh Zucchini, and Choice of Fruit	Kickin Pinto Beans, Red Peppers, and Choice of Fruit	Fries, Celery Sticks, and Choice of Fruit	Fresh Spinach, Baby Carrots, and Choice of Fruit

Menus are subject to change.

Las opciones diarias de fruta pueden incluir una combinación de las siguientes: manzanas enteras, naranjas, piñas, jugo de 4 oz, tazas de fruta y rodajas de manzana.

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