



## KIPP Indy Unite & College Prep Lunch Menu

Weeks of: 8/24 9/29 11/2 12/7

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### BREAKFAST\*

### ENTREE

### GRILL

### EXPRESS

### FRUIT&VEG

|            | MON                                        | TUES                                   | WED                                               | THURS                                           | FRI                                         |
|------------|--------------------------------------------|----------------------------------------|---------------------------------------------------|-------------------------------------------------|---------------------------------------------|
| BREAKFAST* | Pop tart and Cheese Stick with fruit       | Apple Frudel with Fruit                | Egg Biscuit with Fruit                            | Benefit Bar with Fruit                          | Cinnamon toast crunch with graham and fruit |
| ENTREE     | Bacon Cheeseburger                         | Turkey Barbacoa Tacos                  | Chicken Nuggets w/ Goldfish                       | French Toast & T. Sausage                       | Cheese Pizza                                |
| GRILL      | Pizza Crunchers                            | Pizza Crunchers                        | Pizza Crunchers                                   | Pizza Crunchers                                 | Pizza Crunchers                             |
| EXPRESS    | Turkey Sandwich                            | Egg Chef Salad & Dinner Roll           | Brunch Power Pack                                 | Egg Chef Salad with Dinner Roll                 | Turkey Sandwich                             |
| FRUIT&VEG  | Fries, Fresh Broccoli, and Choice of Fruit | Corn, Red Peppers, and Choice of Fruit | Baked Beans, Cucumber Slices, and Choice of Fruit | Red Peppers, Celery Sticks, and Choice of Fruit | Spinach, Baby Carrots, Choice of Fruit      |

**Menus are subject to change. Students are encouraged to speak with food service staff if they have allergies or ingredient questions.**



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: 8/31 10/5 11/9 12/14

|             | MON                                                | TUES                                             | WED                                          | THURS                                      | FRI                                                 |
|-------------|----------------------------------------------------|--------------------------------------------------|----------------------------------------------|--------------------------------------------|-----------------------------------------------------|
| BREAKFAST*  | Strawberry Nutri bar and Graham w/ Fruit           | Vanilla Confetti Waffle w/ Fruit                 | Strawberry Mini Bagel with fruit             | Pumpkin Breakfast Bread w/ Fruit           | Lucky Charms and Yogurt w/ Fruit                    |
| ENTREE      | 3 Cheese Mac & Cheese                              | Country Chicken Bowl w/ Breadstick               | Beef Nachos                                  | Chicken Tender with Waffle                 | Buffalo Cheese Pizza Stick                          |
| GRILL       | Bosco Stick                                        | Bosco Stick                                      | Bosco Stick                                  | Bosco Stick                                | Bosco Stick                                         |
| EXPRESS     | Make Your Own Pizza Pack Lunch                     | Diced Chicken Salad w/ Roll                      | Brunch Power Pack                            | Diced Chicken Salad w/ Roll                | Make Your Own Pizza Pack Lunch                      |
| FRUIT & VEG | Fresh Broccoli, Celery Sticks, and Choice of Fruit | Fresh Broccoli, Red Peppers, and Choice of Fruit | Pinto Beans, Corn Salsa, and Choice of Fruit | Tater Tots, Cucumbers, and Choice of Fruit | Shredded Romaine, Baby Carrots, and Choice of Fruit |

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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: 9/7 10/12 11/16

|                        | MON                                                 | TUES                                               | WED                                      | THURS                                             | FRI                                             |
|------------------------|-----------------------------------------------------|----------------------------------------------------|------------------------------------------|---------------------------------------------------|-------------------------------------------------|
| <b>BREAKFAST*</b>      | Apple Nutri Bar and Graham w/Fruit                  | Chocolate Crescent with Fruit                      | Strawberry Pancake Puffs with Fruit      | Chicken Biscuit w/ Fruit                          | Cheerios and Graham w/ Fruit                    |
| <b>ENTREE</b>          | Pork Rib Sandwich                                   | Beef Tacos                                         | Honey stung Chicken with Biscuit         | Mini Maple Pancakes with Cheese Omelet            | Pepperoni Pizza                                 |
| <b>GRILL</b>           | Chicken Patty                                       | Chicken Patty                                      | Chicken Patty                            | Chicken Patty                                     | Chicken Patty                                   |
| <b>EXPRESS</b>         | C. Ham Sandwich                                     | Tossed Salad w/ Cheese and Roll                    | Brunch Power Pack                        | Tossed Salad w/ Cheese and Roll                   | C. Ham Sandwich                                 |
| <b>FRUIT &amp; VEG</b> | Fries, Fresh Pickled Cucumbers, and Choice of Fruit | Black Beans, Shredded Romaine, and Choice of Fruit | Fries, Baby Carrots, and Choice of Fruit | Baby Carrots, Fresh Broccoli, and Choice of Fruit | Celery Sticks, Red Peppers, and Choice of Fruit |

**Menus are subject to change. Students are encouraged to speak with food service staff if they have allergies or ingredient questions.**

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: 8/10 9/14 10/19 11/23

|                        | MON                                                | TUES                                       | WED                                             | THURS                                             | FRI                                                 |
|------------------------|----------------------------------------------------|--------------------------------------------|-------------------------------------------------|---------------------------------------------------|-----------------------------------------------------|
| <b>BREAKFAST*</b>      | Pop Tart with Cheese Cubes and Fruit               | Carmel Mini Cinnamon Rolls w/ Fruit        | Blueberry Waffle with Fruit                     | T. Sausage Biscuit with Fruit                     | Cocoa Puff Cereal Bowl and Fruit                    |
| <b>ENTREE</b>          | Orange Chicken w/ Rice                             | Chicken Fillet Sandwich w/ Signature Sauce | Rotini w/ Meat Sauce                            | Waffles w/ Blueberry Compote and Sausage          | Pizza Crunchers                                     |
| <b>GRILL</b>           | Cheeseburger                                       | Cheeseburger                               | Cheeseburger                                    | Cheeseburger                                      | Cheeseburger                                        |
| <b>EXPRESS</b>         | Turkey Sub                                         | Baja Salad w/ Roll                         | Brunch Power Pack                               | Baja Salad w/ Roll                                | Turkey Sub                                          |
| <b>FRUIT &amp; VEG</b> | Steamed Edamame, Baby Carrots, and Choice of Fruit | Fries, Fresh Broccoli, and Choice of Fruit | Green Beans, Celery Sticks, and Choice of Fruit | Red Peppers, Cucumber Slices, and Choice of Fruit | Romaine Salad, Sliced Cucumber, and Choice of Fruit |

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

All Lunches Must  
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Vegetable  
And May Include:  
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# CYCLE MENU 5

## KIPP Indy Unite & College Prep LUNCH MENU

Weeks of: 8/17 9/21 10/26 11/30

|             | MON                                                | TUES                                              | WED                                                    | THURS                                          | FRI                                              |
|-------------|----------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|------------------------------------------------|--------------------------------------------------|
| BREAKFAST*  | Golden Graham Bar with Graham and Fruit            | Mini Cinnamon Roll w/ Fruit                       | Maple Waffle with Fruit                                | Egg and Cheese Breakfast Sandwich and Fruit    | Trix Cereal Bowl and Fruit                       |
| ENTREE      | Mini Corndogs w/ Mac and Cheese                    | Chicken Tenders with Garlic Knot                  | Walking Taco                                           | Maple Waffle with Sausage                      | Bosco Sticks                                     |
| GRILL       | Chicken Nuggets w/ Goldfish                        | Chicken Nuggets w/ Goldfish                       | Chicken Nuggets w/ Goldfish                            | Chicken Nuggets w/ Goldfish                    | Chicken Nuggets w/ Goldfish                      |
| EXPRESS     | Turkey Sub                                         | Turkey Chef Salad with Roll                       | Brunch Power Pack                                      | Turkey Chef Salad with Roll                    | Turkey Sub                                       |
| FRUIT & VEG | Steamed Broccoli, Red Peppers, and Choice of Fruit | French Fries, Fresh Broccoli, and Choice of Fruit | Kickin Pinto Beans, Celery Sticks, and Choice of Fruit | Tater Tots, Celery Sticks, and Choice of Fruit | Fresh Spinach, Baby Carrots, and Choice of Fruit |

**Menus are subject to change. Students are encouraged to speak with food service staff if they have allergies or ingredient questions.**

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

All Lunches Must  
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Vegetable  
And May Include:  
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# Ciclo del menu 1

## KIPP Indy Unite & College Prep Menu del Almuerzo

Semanas de: 8/24 9/29 11/2 12/7

### Desayuno \*

### Plato Principal

### Parrilla

### Exprés

### Frutas y Verduras

|                   | Lunes                          | Martes                                 | Miércoles                                | Jueves                          | Viernes                                  |
|-------------------|--------------------------------|----------------------------------------|------------------------------------------|---------------------------------|------------------------------------------|
| Desayuno *        | Pop-Tart con queso y fruta     | Pastelito de manzana con fruta         | Biscuit de huevo con fruta               | Benefit Bar con fruta           | Tazon de Cinnamon Toast Crunch con fruta |
| Plato Principal   | Hamburguesa con queso y tocino | Tacos de pavo a la barbacoa            | Nuggets de pollo con galletitas Goldfish | Tostada Francesca con salchicha | Pizza de queso                           |
| Parrilla          | Crujientes de pizza            | Crujientes de pizza                    | Crujientes de pizza                      | Crujientes de pizza             | Crujientes de pizza                      |
| Exprés            | Has tu propia pizza de bagel   | Ensalada del chef con panecillo        | Has tu propia pizza de bagel             | Ensalada del chef con panecillo | Has tu propia pizza de bagel             |
| Frutas y Verduras | Papas fritas, brocoli, y fruta | Frijoles pintos, pimiento rojo y fruta | Guisantes y zanahorias, Edamame, y fruta | Papas fritas, apio y fruta      | Lechuga romana, zanahorias y fruta       |

**Los menús están sujetos a cambios. Los estudiantes deben hablar con personal de servicio de alimentos para informar y discutir cualquier alergia.**



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.

All Todos los almuerzos deben incluir: Frutas y/o Verduras Y pueden incluir: Leche baja en grasa al 1%



# Ciclo del menu 2

## KIPP Indy Unite & College Prep Menu del Almuerzo

Semanas de: 8/31 10/5 11/9 12/14

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### Desayuno \*

### Plato Principal

### Parrilla

### Exprés

### Frutas y Verduras

|                   | Lunes                                     | Martes                           | Miércoles                               | Jueves                                | Viernes                             |
|-------------------|-------------------------------------------|----------------------------------|-----------------------------------------|---------------------------------------|-------------------------------------|
| Desayuno *        | Barra de fresa con galleta graham y fruta | Waffle de vainilla               | Mini bagel de fresa con fruta           | Pan de dwsayuno de calabaza con fruta | Tazon de Lucky Charms y fruta       |
| Plato Principal   | Macarrones con queso                      | Tazon de pure de papas con pollo | Nachos de Carne                         | Pollo con waffle                      | Plaito de pizza con queso de bufalo |
| Parrilla          | Palitos de queso                          | Palitos de queso                 | Palitos de queso                        | Palitos de queso                      | Palitos de queso                    |
| Exprés            | Prepara tu propio paquette de pizza       | Ensalada de pollo con panceillo  | Paquete energetico para brunch          | Ensalada de pollo con panecillo       | Prepara tu propio paquette de pizza |
| Frutas y Verduras | brocoli, apio y fruta                     | brocoli, pimiento rojo y fruta   | Frijoles pintos, salsa de maiz, y fruta | Croquetas de papa, pepino y fruta     | Lechuga romana, zanahoria y fruta   |

Los menús están sujetos a cambios. Los estudiantes deben abler con personel de servicio de alimentos para informar y discutir cuilqier alergia

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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# Ciclo del menu 3

## KIPP Indy Unite & College Prep Menu del Almuerzo

Semanas de: 9/7 10/12 11/16

### Desayuno \*

### Plato Principal

### Parrilla

### Exprés

### Frutas y Verduras

|                   | Lunes                                             | Martes                          | Miércoles                       | Jueves                         | Viernes                      |
|-------------------|---------------------------------------------------|---------------------------------|---------------------------------|--------------------------------|------------------------------|
| Desayuno *        | Barra de manzana con graham y fruta               | Pan de chocolate y fruta        | Panques de fresa y fruta        | Biscuit de pollo y fruta       | Cheerios con graham y fruta  |
| Plato Principal   | Sandwich de cerdo                                 | Tasos con carne                 | Pollo con miel y galleta        | panqueques y tortilla de huevo | Pizza de peperoni            |
| Parrilla          | Sandwich de pollo                                 | Sandwich de pollo               | Sandwich de pollo               | Sandwich de pollo              | Sandwich de pollo            |
| Exprés            | Sandwich de jamon de pollo                        | Ensalada con queso y panecillo  | Paquete energetico para brunch  | Ensalada con queso y panecillo | Sandwich de jamon de pollo   |
| Frutas y Verduras | Papas Fritas, pepinos frescos encurtidos, y fruta | Frijoles, lechuga roma, y fruta | Papas fritas, zanhorias y fruta | Zanhorias, broccoli, y fruta   | Apio, pimiento rojo, y fruta |

Los menús están sujetos a cambios. Los estudiantes deben abler con personal de servicio de alimentos para informar y discutir cuilqier alergia.

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

Todos los almuerzos deben incluir: Frutas y/o Verduras Y pueden incluir: Leche baja en grasa al 1%





# Ciclo del menu 4

## KIPP Indy Unite & College Prep Menu del Almuerzo

Semanas de: 8/10 9/14 10/19 11/23

### Desayuno \*

### Plato Principal

### Parrilla

### Exprés

### Frutas y Verduras

|                   | Lunes                                 | Martes                                     | Miércoles                      | Jueves                                       | Viernes                             |
|-------------------|---------------------------------------|--------------------------------------------|--------------------------------|----------------------------------------------|-------------------------------------|
| Desayuno *        | Pop-Tart con queso y fruta            | Mini rollos de canela con caramelo y fruta | Waffle de arandanos y fruta    | Biscuit de salchicha                         | Tazon de cereal Cocoa Puffs y fruta |
| Plato Principal   | Pollo a la Naranja con arroz          | Sandwich de pollo                          | Rotini con salsa de carne      | Waffles con compota de arandanos y salchicha | Crujientes de pizza                 |
| Parrilla          | Hamburguesa con queso                 | Hamburguesa con queso                      | Hamburguesa con queso          | Hamburguesa con queso                        | Hamburguesa con queso               |
| Exprés            | Sandwich de pavo                      | Ensalada baja y pancillo                   | Paquete energetico para brunch | Ensalada baja y pancillo                     | Sandwich de pavo                    |
| Frutas y Verduras | Edamame al vapor, zahatorias, y fruta | Brocoli, Papas Fritas y fruta              | Judidas verdes, apio, y fruta  | Pimientos rojos, pepino y fruta              | Pepino, lechuga romana y fruta      |

Los menús están sujetos a cambios. Los estudiantes deben hablar con personal de servicio de alimentos para informar y discutir cualquier alergia

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

Todos los almuerzos deben incluir: Frutas y/o Verduras Y pueden incluir: Leche baja en grasa al 1%





**KIPP:INDY**  
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# Ciclo del menu 5

## KIPP Indy Unite & College Prep Menu del Almuerzo

Semanas de: 8/17 9/21 10/26 11/30

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### Desayuno \*

### Plato Principal

### Parrilla

### Exprés

### Frutas y Verduras

|                      | Lunes                                                 | Martes                                      | Miércoles                                   | Jueves                                                 | Viernes                                     |
|----------------------|-------------------------------------------------------|---------------------------------------------|---------------------------------------------|--------------------------------------------------------|---------------------------------------------|
| Desayuno *           | Barra Golden<br>Grahams con galleta<br>graham y fruta | Mini rollo de canela<br>con fruta           | Waffle con jarabe de<br>arce y fruta        | Sandwich de<br>desayuno con huevo y<br>queso con fruta | Tazon de cereal Trix<br>con fruta           |
| Plato<br>Principal   | Mini perros de maiz<br>con macarrones con<br>queso    | Tiras de pollo con<br>nudo de ajo           | Taco ampulante                              | Waffle de arroz con<br>salchicha                       | Palitos de queso                            |
| Parrilla             | Nuggets de pollo con<br>galletitas Goldfish           | Nuggets de pollo con<br>galletitas Goldfish | Nuggets de pollo con<br>galletitas Goldfish | Nuggets de pollo con<br>galletitas Goldfish            | Nuggets de pollo con<br>galletitas Goldfish |
| Exprés               | Sandwich de pavo                                      | Ensalada del chef con<br>pancillo           | Paquete energetico<br>para brunch           | Ensalada del chef con<br>pancillo                      | Sandwich de pavo                            |
| Frutas y<br>Verduras | Brocoli, pimientos<br>rojos, y fruta                  | Papas fritas, brocoli,<br>y fruta           | Frijoles Pintos, apio, y<br>fruta           | Croquetas de papa,<br>apio y fruta                     | Espinacas, zanahorias<br>y fruta            |

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STUDENT  
NUTRITION

Esta institución ofrece igualdad  
de oportunidades.