

# KINGSTON HIGH SCHOOL LUNCH MENU

YEAR 2007 - 08

<b>MON</b>	<b>16-Jun</b>	<b>FRESH BAKED PIZZA</b>
<b>TUE</b>	<b>17-Jun</b>	<b>REGENTS EXAMS ( ASST COLD SANDWICHES AVAILABLE</b>
<b>WED</b>	<b>18-Jun</b>	<b>REGENTS EXAMS ( ASST COLD SANDWICHES AVAILABLE</b>
<b>THUR</b>	<b>19-Jun</b>	<b>REGENTS EXAMS ( ASST COLD SANDWICHES AVAILABLE</b>
<b>FRI</b>	<b>20-Jun</b>	<b>REGENTS EXAMS ( ASST COLD SANDWICHES AVAILABLE</b>

## WHEN SELECTING YOUR LUNCH FROM THE FOOD BARS PLEASE CHOOSE

- \* ONE ENTREE ONLY: ITEM OF THE DAY OR LARGE SALAD OR HERO SANDWICH
- \* PLUS CHOICE OF: 4 - 4 OZ. CUPS OF ANY ITEMS FROM SALAD BAR (NON-ENTREE)
- \* PLUS: BREAD
- \* PLUS CHOICE OF: MILK (includes low fat and flavored milks)

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**DAILY CHOICES INCLUDE:**

ITEM OF THE DAY  
HELP YOURSELF HOT BAR AND SALAD BAR  
SUBS (Turkey, Ham & Cheese , Tuna Salad , Hero )

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**SALAD BAR INCLUDES**

**ASSORTED SALADS:**

( CUCUMBER, MACARONI, POTATO, THREE BEAN, TOMATO, PASTA, BEET & ONION AND COLE SLAW).

**OTHER ITEMS:**

ASSORTED FRUITS, RAISINS, CUCUMBER SLICES, TOMATO WEDGES, CHOPPED ONIONS  
PICKLES, CHICK PEAS, CARROTS, SHREDDED CHEESE, COTTAGE CHEESE  
JELL-O, TOSSED SALAD, TUNA, AND JULIENNE OF (TURKEY, HAM OR SALAMI).

FULL COST STUDENT LUNCH	\$1.90
NON-STUDENT PRICE LUNCH	
TOTAL W/ TAX	\$3.00
PREPAID MEAL TICKETS 10 for	\$19.00

Lunch offer Vs. Served: We offer all students the five menu items. Students in all grades must take a minimum of 3 items but may take 4 or 5 components: fruit, protein, milk, bread, vegetables, however, full price of a type "A" lunch will be charged whether the student takes 3, 4, or 5 items. This is allowed in order to reduce food waste. We do encourage our students to take the full five-item lunch because of its nutritional benefits.

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**NOTE: ADDITIONAL ENTREE COST: \$1.90**

**OTHER EXTRAS WILL BE PRICED ACCORDINGLY!!**

**MENU SUBJECT TO CHANGE**