



KINGSTON CITY SCHOOL DISTRICT LUNCH MENU

K - 8 ELEMENTARY AND MIDDLE SCHOOLS

JANUARY 2019



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Help Wanted Work while your children are in school. Please call the Food Service Office for further details at (845) 943-3663</p>	<p>1</p>	<p>2</p> <p>Popcorn Chicken with Whole Grain Breading Oven Baked Puffs Broccoli Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>3</p> <p>Hot Chicken Wrap on Whole Grain Tortilla with Shredded Cheese/Salsa Corn / Black Bean Salad Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>4</p> <p>Wheat Crust Pizza Fresh Tossed Romaine Salad Chilled Juice Green Beans Assorted Milk Fresh & Assorted Cupped Fruits</p>
<p>7</p> <p>Chicken Nuggets with Whole Grain Breading Oven Baked Beans Broccoli Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>8</p> <p>Whole Wheat Rotini with Meat Sauce & Parm. Cheese Carrots Whole Kernel Corn Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>9</p> <p>Hot Turkey Melt on 100% Whole Wheat Bun Broccoli Carrots Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>10</p> <p>Mexican Style Taco with Lettuce and Cheese Corn / Black Beans / Salsa Steamed Brown Rice Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>11</p> <p>Wheat Crust Pizza Fresh Tossed Romaine Salad Chilled Juice Green Beans Assorted Milk Fresh & Assorted Cupped Fruits</p>
<p>Whole Grain Cereals</p>	<p>100% Whole Wheat Bagel</p>	<p>Egg Patty & Cheese on Bun</p>	<p>Whole Grain Cereal / Yogurt</p>	<p>Whole Grain Cereals</p>
<p>14</p> <p>Popcorn Chicken with Whole Grain Breading Oven Baked Beans Broccoli Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>15</p> <p>Flame Broiled Hamburger on 100% Whole Wheat Bun with Cheese Oven Baked Potato Puffs/Carrots Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>16</p> <p>W/G Breaded Chicken Patty on 100% Whole Wheat Bun Broccoli Black Bean Salad Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>17</p> <p>Wheat Crust Pizza Fresh Tossed Romaine Salad Chilled Juice Green Beans Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>18</p> <p>Early Dismissal Grades Kindergarten - 8</p> <p>No Lunch Served</p>
<p>Whole Grain Cereals</p>	<p>100% Whole Wheat Bagel</p>	<p>Egg Patty & Cheese on Bun</p>	<p>Whole Grain Cereal / Yogurt</p>	<p>Whole Grain Cereals</p>
<p>21</p> <p>Martin Luther King Jr. Day</p>  <p>School Closed</p>	<p>22</p> <p>Chicken Nuggets with Whole Grain Breading Oven Baked Potato Puffs Oven Baked Beans Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>23</p> <p>Whole Wheat Rotini with Sauce and Italian Style Meatballs Parm. Cheese / Broccoli Carrots Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>24</p> <p>Chili with Crispy Nachos and Cheese / Brown Rice Salsa / Whole Kernel Corn Black Bean Salad Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>25</p> <p>Wheat Crust Pizza Fresh Tossed Romaine Salad Chilled Juice Green Beans Assorted Milk Fresh & Assorted Cupped Fruits</p>
<p>28</p> <p>Popcorn Chicken with Whole Grain Breading Oven Baked Beans Broccoli Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>29</p> <p>Flame Broiled Hamburger on 100% Whole Wheat Bun with Cheese Oven Baked Potato Puffs/Carrots Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>30</p> <p>Hot Ham and Cheese on 100% Whole Wheat Bun Broccoli Carrots Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>31</p> <p>Turkey Cubes with Gravy Steamed Brown Rice Whole Kernel Corn Broccoli Assorted Milk Fresh & Assorted Cupped Fruits</p>	<p>Whole Grain Cereals</p> <p>Student Lunch - \$2.60</p> <p>Non-Student - \$3.80 + tax</p> <p>Milk - \$.60/Juice - \$.45</p> <p>Students may pre-pay for meals and extras.</p> <p><i>Make checks payable to Food Service to ensure that money is used for school meals.</i></p>
<p>Whole Grain Cereals</p>	<p>100% Whole Wheat Bagel</p>	<p>Egg Patty & Cheese on Bun</p>	<p>Whole Grain Cereal / Yogurt</p>	<p>Whole Grain Cereals</p>

Peanut Butter and Jelly sandwich or American Cheese sandwich served daily as an alternative lunch entree. Milk choices are skim, skim chocolate and 1%. Students are encouraged to take double portions of fruits and vegetables and must take at least one portion of a fruit or vegetable along with two additional food components to be a complete lunch meal. When juice is offered, students may also take milk. W/G = Whole Grain and W/W = Whole Wheat. Ground pork may be incorporated in some ground meat meals. Menu is subject to change.

This institution is an equal opportunity provider and employer.