




# KINGSTON CITY SCHOOL DISTRICT BREAKFAST MENU JANUARY 2019



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p><b>Help Wanted</b></p> <p><b>Work while you children are in school. Please call the Food Service Office for further details at (845) 943-3663</b></p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>
<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>100 % Whole Wheat Bagel Chilled Juice Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Egg Patty with Cheese on a 100% Whole Wheat Bun Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Low Fat Yogurt Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>
<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>100 % Whole Wheat Bagel Chilled Juice Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Egg Patty with Cheese on a 100% Whole Wheat Bun Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Low Fat Yogurt Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>
<p>Martin Luther King Jr. Day</p>  <p>School Closed</p>	<p>100 % Whole Wheat Bagel Chilled Juice Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Egg Patty with Cheese on a 100% Whole Wheat Bun Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Low Fat Yogurt Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>
<p>Hot or Cold Whole Grain Cereal Fresh and Assorted Cupped Fruits 100% Whole Wheat Bread Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>100 % Whole Wheat Bagel Chilled Juice Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Egg Patty with Cheese on a 100% Whole Wheat Bun Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Hot or Cold Whole Grain Cereal Low Fat Yogurt Fresh and Assorted Cupped Fruits Milk Choice (Skim, Skim Chocolate or 1%)</p>	<p>Student Breakfast : \$1.00 Non Student Breakfast : \$ 2.25 + tax  Juice: \$.45 Milk \$.60</p>

**IMPORTANT BREAKFAST INFORMATION:** We offer all students four menu items for breakfast. Students must take a minimum of 3 items, consisting of at least one half cup portion of fruit. Students may take, 3, or all 4 components: fruit, whole grain and / or protein and milk, however, full price of a complete reimbursable Type "A" breakfast will be charged whether the student takes 3 or 4 full portion items. This is allowed to reduce food waste. We encourage our students to take two half cups of fruit each day, along with their whole grains, and / or protein and milk for the nutritional benefits. Ground pork may be incorporated in some ground meat meals. Menu is subject to change.

**This institution is an equal opportunity provider and employer.**