

Monday	Tuesday	Wednesday	Thursday	Friday	
1 Pasta With or without Meatballs & Sauce Fresh Garden Salad Corn Fruit B: Mini Maple Pancakes	2 Chicken Fajita on a soft tortilla Shredded Cheddar Cheese Salsa Shredded Romaine Lettuce Sour Cream Fruit Seasoned Black Beans B: Ham & Cheese on an English muffin	3 Chicken Patty on a bun Crispy Oven Fries Roasted Broccoli with Parmesan Cheese Fruit B: Bagel, Light Cream Cheese	4 Sloppy Joe on a bun Green Beans Sweet potato fries Fruit B: Grilled Ham and cheese sandwich	5 Stuffed Crust Pizza Baby carrots Fresh Garden Salad Light Ranch dressing Fresh Fruit Cookie B: Mini Blueberry waffles	Ham and Cheese Sub
8 No School Columbus Day You can now prepay and check balances and transactions online! Go to www.myschoolbucks.com to register.	9 No School In-service Day for Teachers	10 Grilled Cheese Sandwich Chicken Noodle Soup Carrot Coins Green Beans Fresh Fruit B: Bagel, Light Cream Cheese	11 Kingston Bowl Crispy popcorn chicken Creamy Mashed potatoes Whole Kernel Corn Gravy Homemade Baked Beans Fruit B: Grilled Ham and cheese	12 Sal's Pizza Baby carrots Fresh Romaine Salad Light Ranch dressing Fresh Fruit Cookie B: Mini Blueberry waffles	Buffalo Bill Chicken Wrap
15 Pasta Florentine with creamy white sauce and grilled chicken strips Soft Cheesy Garlic Breadstick Steamed Broccoli Baby Carrots Light Ranch Dip Fruit B: Mini Maple Pancakes	16 Ham & Cheese Flatbread Pickles Seasoned Baked Potato Wedges Corn Blueberry Crisp Fruit B: Ham & Cheese on an English muffin	17 Choice of Hamburger or Cheeseburger on a bun Homemade Baked Beans Carrot Coins Fruit B: Bagel, Light Cream Cheese	18 Unbelievably Good Homemade Lasagna Fresh Garden Salad Whole Wheat Breadstick Green Beans B: Grilled Ham and cheese sandwich	19 Big Daddy's Pizza Baby carrots Crunchy Celery Sticks Light Ranch Dip Cookie Fruit B: Mini Blueberry waffles	Tuna Salad on a hot dog bun
22 Loaded potato Wedges Baked Potato Wedges Light sour cream Fresh chopped scallions Bacon bits Cheese Sauce Soft Pretzel Fruit B: Mini Maple Pancakes	23 Taco Tuesday! Taco Seasoned Beef on a soft tortilla Shredded Cheddar Cheese Salsa Shredded Romaine Lettuce Sour Cream Rice Fruit Seasoned Black Beans B: Ham & Cheese on an English muffin	24 Breaded Mozzarella Sticks Warm Marinara Sauce Fresh Garden Salad Corn Kernels Fruit B: Bagel, Light Cream Cheese	25 Homemade Mac & Cheese Green Beans Carrot Coins Fruit B: Grilled Ham and cheese sandwich	26 Stuffed Crust Pizza Baby carrots Cucumber slices Light Ranch dressing Fruit Cookie Fruit B: Mini Blueberry waffles	Ham and Cheese Sub
29 Meatball Sub Fresh Garden Salad Light Ranch Dressing Sweet potato Fries Applesauce B: Mini Maple Pancakes	30 Breakfast for lunch! Yogurt Choice of Cereal Nut-Free Granola Mozzarella String cheese Baby Carrots ,Celery Sticks Light Ranch Dip Fruit B: Ham & Cheese on an English muffin	31 Chicken Nuggets Dinner Roll "Creepy" Condiments "Spine chilling" Steamed Carrots "Hunted" Homemade Baked Beans "Freaky" Fruit B: Bagel, Light Cream Cheese	Available as entrée Choices every day: Smucker's PBJ offered with Cheddar Goldfish & a Light mozzarella cheese stick	Price of lunch is \$3.00. Free and reduced price of \$.40 meals available for families who qualify. B: Breakfast. All Breakfasts include 100% Fruit Juice, Fruit, and choice of milk Price of breakfast is \$1.25. Free or Reduced price \$.30 breakfast for those who qualify.	Southwest Chicken Salad Grilled Chicken Strips, on a bed of romaine and iceberg lettuce, with Salsa and Sour cream on the side

Kingston Elementary & Intermediate Schools Lunch and Breakfast Menu

October 2018

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Fresh and canned fruit; and milk are offered with all meals every day.

Did you know... October 15-19 is National School Lunch Week? This year's Theme is "Lots 2 Love". There is lots to love about school meals. They are planned to be nutritionally balanced, including whole grains, fruits and a rainbow of veggies.

We're trying out some new recipes this month. The Homemade lasagna, Ham and Cheese flatbread and the Pasta Florentine!



Comments or questions, please contact the School Nutrition Director, Megan Ahrenholz, RD at mahrenholz@slrsd.org or 781-582-3556