



November 2016 - Kingston Elementary & Intermediate School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 <i>Pasta w/ Meat sauce Bread Stick</i> <i>Romaine Salad w/ Dressing</i> <i>Carrots Fruit Cup</i>	2 "The Kingston Bowl" <i>(Popcorn Chicken, Whole Kernel Corn, Mashed Potato & Gravy)</i> <i>Dinner Roll Buttered Corn Fresh Fruit</i>	3 <i>Tomato Soup Grilled Cheese Sandwich Saltine Crackers</i> <i>Tuna Fish on a Roll Potato Chips Green Beans Chilled Fruit</i>	4 <i>Cheese or Pepperoni Pizza</i> <i>Romaine Salad w/ Dressing</i> <i>Fresh Fruit Hummus</i>	<p>Lunch - \$ 2.50 - Extra Milk - \$.75</p> <p>Menu is subject to change without notice.</p> <p>Milk, Fruit and Vegetables are Included with Lunch</p> <p>You can prepay your student's account, check balances, and transactions on line. GO TO www.myschoolbucks.com Sign up is free</p> <p>Offered Daily: Fresh Fruit & Veggie Tray Assorted Cold Cereals Smucker's P.B. & J</p> <p>" This institution is an equal opportunity provider & employer"</p> <div style="text-align: center;">  <p>Happy Thanksgiving</p> </div> <p>Applications for Free and Reduced Meals are available at the school office and at gzeoli@slrsd.org</p> <p>Any questions or concerns, Please contact David Zeoli at (781)-582-3555 ext. 3256</p> <div style="text-align: center;">  </div>
7 <i>Cinnamon Glazed French Toast Ham Sticks Cheese Sticks</i> <i>Mini Snack Carrots Orange Slices</i>	8 "In Service Day"	9 <i>Chicken Fajita Shredded Lettuce & Tomato</i> <i>Beef Taco on a Hard or Soft Taco Shell</i> <i>Buttered Corn Fresh Fruit</i>	10 <i>Cheese or Pepperoni Pizza</i> <i>Romaine Salad w/ Dressing</i> <i>Hummus Chilled Fruit</i>	11  <i>Veterans Day</i>	
14 <i>Breaded Mozzarella Sticks w/ Warm Marinara Sauce</i> <i>Romaine Salad w/ Dressing Bread Stick</i> <i>Green Beans Fresh Fruit Cup</i>	15 <i>Hot Dog on a Roll Sliced Cheese Baked Vegetarian Beans</i> <i>Smiley Fries</i> <i>Green Beans Fresh Fruit</i>	16 "Breakfast for Lunch" <i>Assorted Cold Cereals Ham Sticks String Cheese Yogurt</i> <i>Mini Snack Carrots Sliced Apples</i>	17 "Thanksgiving Day Feast" <i>Roast Turkey Mashed Potato Buttered Corn Stuffing Gravy</i> <i>Cranberry Sauce</i>	18 <i>Cheese or Pepperoni Pizza</i> <i>Romaine Salad w/ Dressing</i> <i>Hummus Chilled Fruit</i>	
21 <i>Crispy Chicken Nuggets w/ Dipping Sauce</i> <i>Rice</i> <i>Buttered Carrots Fresh Fruit</i>	22 <i>Stuffed Crust Pizza</i> <i>Caesar Salad w/ Dressing</i> <i>Hummus Fruit Cup</i>	23 "Early Release Day"	24 "Thanksgiving Day"	25 "Thanksgiving Recess"	
28 <i>French Bread Pizza</i> <i>Romaine Salad w/ Dressing</i> <i>Fresh Fruit</i>	29 <i>Ham & Cheese Sandwich</i> <i>Meatball Sub Marinara</i> <i>Baked Oven Fries</i> <i>Glazed Carrots Chilled Fruit</i>	30 <i>Baked Ziti w/ Meat sauce Garlic Bread Buttered Pasta</i> <i>Green Beans Fresh Fruit</i>			