
























September - 2017 - Kingston Intermediate School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Aug. 30  Breaded Mozzarella Sticks w/ Warm Marinara Sauce Romaine Salad w/ Dressing Candied Carrots Chilled Fruit	Aug. 31  Cheese Dog Meatball Sliders Sweet Potato Fries Corn on the Cobb Chilled Fruit	1  The "Max" Stuffed Crust Cheese Pizza Caesar Salad w/ Dressing Hummus Chilled Fruit
4 	5 "Breakfast for Lunch" Assorted Cereals Sausage Links  Poptarts Baby Carrots Chilled Fruit	6  Breaded Chicken Patty on a Roll Sweet Potato Fries Corn on the Cobb Cranberry Sauce	7  Pasta w/ Meatballs Fresh Garden Salad w/Dressing Garlic Bread Stick Green Beans Chilled Fruit	8  The "Max" Stuffed Crust Cheese Pizza Caesar Salad w/ Dressing Hummus Chilled Fruit
	Breakfast French Toast w/ Warm Syrup Sausage Links Cheese Stick Chilled Fruit	Breakfast Assorted Cold Cereals Ham Stick Cheese Stick Chilled Fruit	Breakfast Grilled Cheese Sandwich Oven Brown Potato Yogurt Chilled Fruit	Breakfast Pancakes w/ Warm Syrup Sausage Yogurt Parfait Chilled Fruit
11  Hamburger/Cheeseburger on a Roll or Pizza Burger Sweet Potato Fries Green Beans Chilled Fruit	12  Buttered Pasta Sweet & Sour Meatballs Baby Carrots Chilled Fruit	13  Baked Macaroni & Cheese Meatballs Bread Stick Green Beans Chilled Fruit	14  The "Max" Stuffed Crust Cheese Pizza Caesar Salad w/ Dressing Hummus Chilled Fruit	15  Early Release Day! "No Lunch" NOON Dismissal
Breakfast French Toast w/ Warm Syrup Sausage Yogurt Chilled Fruit Juice	Breakfast Ham & Cheese on an English Muffin Potato Puffs Chilled Fruit	Breakfast Assorted Cold Cereals Ham Stick Cheese Stick Chilled Fruit	Breakfast Grilled Cheese Sandwich Oven Brown Potato Yogurt Chilled Fruit	Breakfast Pancakes w/ Warm Syrup Ham Stick Assorted Cold Cereals Chilled Fruit Juice
18  French Toast w/ Warm Syrup Cheese Sticks Mini Snack Carrots Chilled Fruit	19  Hot Chili Dog on a Roll Sweet Potato Fries Corn on the Cobb Chilled Fruit	20  Popcorn Chicken Whipped Potato Assorted Veggie Tray Broccoli Chilled Fruit	21  Baked Ziti w/ Meat sauce Garlic Bread Buttered Pasta Garden Salad w/ Dressing Carrots Chilled Fruit	22  The "Max" Stuffed Crust Cheese Pizza Romaine Salad Hummus Chilled Fruit
Breakfast French Toast w/ Warm Syrup Sausage Yogurt Chilled Fruit Juice	Breakfast Ham & Cheese on an English Muffin Potato Puffs Chilled Fruit	Breakfast Assorted Cold Cereals Ham Stick Cheese Stick Chilled Fruit	Breakfast Grilled Cheese Sandwich Oven Brown Potato Yogurt Chilled Fruit	Breakfast Pancakes w/ Warm Syrup Sausages Yogurt Parfait Chilled Fruit
25  Breaded Mozzarella Sticks w/ Warm Marinara Sauce Romaine Salad w/ Dressing Candied Carrots	26  Baked Chicken Dinner Mashed Potato Dinner Roll Buttered Corn	27  Baked Ziti w/ Meat Sauce Garlic Bread Buttered Pasta Romaine Salad/ Dressing Chilled Fruit	28  Hamburger/ Cheeseburger on a Roll Sweet Potato Fries Chilled Fruit	29  The "Max" Stuffed Crust Cheese Pizza Caesar Salad w/ Dressing Hummus/ Chilled Fruit
Breakfast French Toast w/ Warm Syrup Sausage Yogurt Chilled Fruit Juice	Breakfast Ham & Cheese on an English Muffin Potato Puffs Chilled Fruit	Breakfast Assorted Cold Cereals Ham Stick Cheese Stick Chilled Fruit	Breakfast Grilled Cheese Sandwich Oven Brown Potato Yogurt Chilled Fruit	Breakfast Pancakes w/ Warm Syrup Sausages Yogurt Parfait Chilled Fruit

Breakfast - \$1.25 Reduced - \$.30
 Lunch - \$2.75 - Reduced - \$.40
 Extra Milk - \$.75


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"Harvest of the Month Tomatoes"



Any questions or concerns, Please contact
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