


September 2016 - Kingston Intermediate School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Aug.31 <i>Breaded Mozzarella Sticks w/ Warm Marinara Sauce</i> <i>Romaine Salad w/ Dressing</i> <i>Candied Carrots</i> <i>Chilled Fruit</i>	1 <i>Cheese Dog</i> <i>Meatball Sliders</i> <i>Sweet Potato Fries</i> <i>Corn on the Cobb</i> <i>Fresh Fruit</i>	2 <i>Stuffed Crust Cheese Pizza</i> <i>Caesar Salad w/ Dressing</i> <i>Fresh Fruit</i> <i>Hummus</i>	Lunch - \$ 2.50 - Extra Milk - \$.75 Menu is subject to change without notice. Milk, Fruit and Vegetables are Included with Lunch You can prepay your student's account, check balances, and transactions on line. GO TO www.myschoolbucks.com Sign up is free Offered Daily: Fresh Fruit & Veggie Tray Smucker's P.B. & J
5 "Labor Day"	6 "Breakfast for Lunch" <i>Assorted Cold Cereals</i> <i>Sausage Links</i> <i>Poptarts</i> <i>String Cheese</i> <i>Yogurt</i> <i>Baby Carrots</i> <i>Fruit Salad</i>	7 <i>Breaded Chicken Patty on on a Roll</i> <i>Sweet Potato Fries</i> <i>Buttered Corn</i> <i>Fresh Fruit</i>	8 <i>Pasta w/ Meatballs</i> <i>Fresh Garden Salad w/ Dressing</i> <i>Garlic Bread Stick</i> <i>Assorted Veggie Tray</i> <i>Green Beans</i> <i>Fruit Salad</i>	9 <i>Cheese or Pepperoni Pizza</i> <i>Tuna Salad Sandwich</i> <i>Romaine Salad w/ Dressing</i> <i>Chilled Fruit</i> <i>Hummus</i>	" This institution is an equal opportunity provider & employer" 
12 <i>Hamburger/Cheeseburger or Pizza Burger</i> <i>Smiley Fries</i> <i>Green Beans</i> <i>Fresh Fruit Cup</i>	13 <i>Buttered Pasta</i> <i>Sweet & Sour Meatballs</i> <i>Assorted Veggie Tray</i> <i>Buttered Spinach</i> <i>Fresh Fruit</i>	14 <i>Chicken Fajita</i> <i>Shredded Lettuce & Tomato</i> <i>Beef Taco on a Hard or Soft Taco Shell</i> <i>Mexican Rice</i> <i>Buttered Corn</i> <i>Sliced Apples</i>	15 <i>Breaded Chicken Nuggets</i> <i>Sweet Potato Fries</i> <i>Broccoli</i> <i>Fresh Fruit Cup</i>	16 <i>Cheese or Pepperoni Pizza</i> <i>Ham & Cheese Sandwich</i> <i>Romaine Salad w/ Dressing</i> <i>Green beans</i> <i>Chilled Fruit</i> <i>Hummus</i>	Applications for Free and Reduced Meals are available at the school office and at dzeoli@slrsd.org Any questions or concerns, Please contact David Zeoli at (781)-582-3555 ext. 3256
19 <i>Cinnamon Glazed French Toast w/ Warm Syrup</i> <i>Sausage Patty</i> <i>Mini Snack Carrots</i> <i>Fresh Fruit</i>	20 <i>Hot Chili Dog on a Roll</i> <i>Sweet Potato Fries</i> <i>Corn on the Cobb</i> <i>Fruit Cup</i>	21 <i>Popcorn Chicken</i> <i>Whipped Potato</i> <i>Assorted Veggie Tray</i> <i>Green Beans</i> <i>Sliced Apples</i>	22 <i>Baked Macaroni & Cheese</i> <i>Meatballs</i> <i>Bread Stick</i> <i>Broccoli</i> <i>Fruit Cup</i>	23 "The Max" <i>Stuffed Crust Cheese Pizza</i> <i>Chicken Patty on a Roll</i> <i>Romaine Salad w/ Dressing</i> <i>Chilled Fruit</i> <i>Hummus</i>	
26 <i>Breaded Mozzarella Sticks</i> <i>Warm Marinara Sauce</i> <i>Garlic Bread Stick</i> <i>Romaine Salad w/ Dressing</i> <i>Broccoli</i> <i>Applesauce</i>	27 <i>Baked Chicken Dinner</i> <i>Mashed Potato</i> <i>Buttered Corn</i> <i>Fresh Veggie Tray w/ Dressing</i> <i>Fresh Fruit</i>	28 <i>Baked Ziti w/ Meat Sauce</i> <i>Garlic Bread</i> <i>Buttered Pasta</i> <i>Romaine Salad w/ Dressing</i> <i>Green Beans</i> <i>Fruit Cup</i>	29 <i>Hamburger/Cheeseburger on a Roll</i> <i>Lettuce & Tomato</i> <i>Sweet Potato Fries</i> <i>Carrots</i> <i>Fresh Fruit</i>	30 <i>Stuffed Crust Pizza</i> <i>Romaine Salad w/ Dressing</i> <i>Hummus</i> <i>Chilled Fruit</i>	