



FEBRUARY 2019 KINGSTON HILL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Check Out Our Menus On-Line or Download the App! skschools.nutrislice.com</p>				<p>1 2 Cheese Filled Whole Grain Bosco Breadsticks <i>Chilled Sweet Potato</i> <i>Raisin Salad</i></p>
Alternative Meal: Tossed Salad with Shredded Mozzarella Cheese, Romaine Lettuce, Tomatoes, Cucumbers and 2 Breadsticks				
<p>4 Cheeseburger on Wheat Bun Seasoned Mixed Veggies</p> <p>Whole Grain Goldfish Crackers <i>(Available with All Meals)</i></p>	<p>5 Meatball Sub Topped with Mozzarella Cheese Seasoned Sweet Corn</p>	<p>6 Maple Whole Wheat Mini Pancakes Strawberry Go-Gurt Baby Snack Carrots</p>	<p>7 Blueberry Muffin Fun Lunch WG Blueberry Muffin Danimal's Strawberry Yogurt String Cheese Goldfish Crackers</p>	<p>8 Whole Grain Cheese Pizza Seasoned Oven Roasted Garbanzo Beans</p>
Alternative Meal: Fresh Tuna Salad on a Wheat Wrap				
<p>11 Meatless Cheesy Pasta Bake Marinara Sauce Roasted Brussel Sprouts Whole Wheat Dinner Roll</p>	<p>12 Beef Nacho Plate Shredded Lettuce, Salsa Shredded Cheddar Cheese Seasoned Pinto Beans</p>	<p>13 Oven Baked Chicken Nuggets BBQ Dipping Sauce Roasted Glazed Baby Carrots Whole Wheat Dinner Roll</p>	<p>14 Whole Wheat French Toast Sticks Hard Boiled Egg <i>Glazed Sweet Potatoes</i></p>	<p>15 2 Cheese Filled Whole Grain Bosco Breadsticks Seasoned Sweet Corn</p>
Alternative Meal: Turkey and American Cheese on Wheat Sub Roll				
18	19	20	21	22
<div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <h1>Enjoy Your Vacation</h1> </div>				
<p>25 Creamy Macaroni and Cheese Seasoned Sweet Peas Whole Wheat Breadstick</p>	<p>26 Turkey Hot Dog on Whole Wheat Bun BBQ Baked Beans</p>	<p>27 Popcorn Chicken in Orange Sauce Seasoned Brown Rice Seasoned Mixed Veggies</p>	<p>28 Whole Wheat Mini Maple Waffles String Cheese Stick Baby Snack Carrots</p>	<p>1 Whole Grain Cheese Pizza <i>Chilled Sweet Potato Salad with</i> <i>Wheat Berries and</i> <i>Swiss Chard</i></p>
Alternative Meal: Sliced Ham and Cheese on Wheat Roll				
<p>Available With All Meals Fresh Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>	<p>Available With All Meals Fresh Fruit Selection 1% White Milk Fat Free Chocolate Milk</p>

DAILY BREAKFAST MENU

<u>Monday:</u>	Whole Grain Blueberry Muffin or Kix Cereal
<u>Tuesday:</u>	Chocolate Chip/Oatmeal Breakfast Bar or Frosted Mini
<u>Wednesday:</u>	Nutrigrain Fruit Bar or Rice Krispy Cereal
<u>Thursday:</u>	Danimals Strawberry Yogurt with Graham Crackers or Special K Cereal
<u>Friday:</u>	Whole Grain Cinnamon Pop Tart or Cheerios Cereal
	All breakfast served with fresh fruit and milk.

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Food Focus of the Month

