## Kingston Hill Academy Breakfast and Lunch Menu September 2024

L1 - Hot Meal Breakfast served w/milk

L2 - Sandwich on wheat roll or wrap w/fruit and veg Meals must be preorderd

L3 - Salad Option w/wheat roll and fruit by the previous Tuesday

	L3 - Salad Option w/wheat roll and fruit	=	by the previous Tuesday	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/2	9/3	9/4	9/5	9/6
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Breakfast burrito w/ham	Bagel	Turkey sausage, egg and cheese sandwich	Muffin
	Orange	Juice	Banana	Apple
	LUNCH	LUNCH	LUNCH	LUNCH
	Meatball Sub Sandwich	Dino Nuggets	Sloppy Joe Sliders	Glazed Chicken Drumstick
LABOR DAY	Cucumber slices w/dip	Carrot slims w/dip	Roasted potatoes	Salad w/spring mix
	· ·	Banana	Pineapple tidbits	
SCHOOL CLOSED	Diced peaches			Orange
	Wheat roll	Wheat roll	Wheat roll	Wheat roll
	1% Milk carton	1% Milk carton	Ketchup	1% Milk carton
			1% Milk carton	
	SANDWICH:Turkey and swiss	SANDWICH: Chicken caesar wrap	SANDWICH:Ham and Cheese	SANDWICH:Tuna salad
	·	•		
	SALAD: Southwest	SALAD:Greek	SALAD:Garden w/citrus chicken	SALAD:Chef
9/9	9/10	9/11	9/12	9/13
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST
Cereal		Bagel	Turkey sausage,egg and cheese sandwich	Muffin
Applesauce, juice			Banana	
LUNCH		Juice LUNCH	LUNCH	Apple LUNCH
	I			
Hamburger w/wheat roll		Chicken patty sandwich w/wheat roll	Beef Barbacoa Taco	Red pizza
Broccoli	PROFESSIONAL DEVELOPMENT	Cucumber slices w/dip	Lettuce, sliced red peppers	Salad w/spring mix
Tater tots	DAY	Banana	Red beans and rice	Orange
Apple	SCHOOL CLOSED	1% Milk carton	Pineapple tidbits	Cheese
1% Milk carton	33552 525525	Ketchup	1% Milk carton	1% Milk carton
		Retorup	1 /0 IVIIIK CALLOIT	1 /0 WIIIK CARLOTT
Ketchup				
SANDWICH:Chicken salad		SANDWICH:Chicken caesar wrap	SANDWICH:Ham and Cheese	SANDWICH:Tuna Salad
SALAD: Caprese		SALAD: Greek	SALAD:Garden w/citrus chicken	SALAD:Chef
9/16	9/17	9/18	9/19	9/20
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal; applesauce	Turkey sausage breakfast burrito	Bagel	Ham, egg and cheese sandwich	Muffin
Juice	Apple	Juice	Banana	Orange
LUNCH 1	LUNCH	LUNCH	LUNCH	LUNCH
Carolina bbq pulled pork sandwich	Chicken and cheese enchilada	Choose :Turkey breakfast sausage	Spaghetti w/meatballs	Mac and cheese
Wheat roll	Lettuce	OR Vegan breakfast sausage	Salad w/ spring mix	Cut green beans, steamed
Potato salad	Salsa	Tater tots/ketchup	Mandarin orange segments	Apple
Individual applesauce	Diced peaches	Banana	Wheat roll	Wheat roll
1% Milk carton	1%Milk carton	French toast sticks/syrup	1% Milk carton	1% Milk carton
		1% Milk carton		
SANDWICH :Chicken salad	SANDWICH :Turkey and swiss	SANDWICH:Chicken caesar wrap	SANDWICH:Ham and cheese	SANDWICH:Tuna salad
SALAD : Caprese	SALAD:Southwest	SALAD:Greek	SALAD:Garden w/citrus chicken	SALAD:Chef
9/23	9/24	9/25	9/26	9/27
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal; applesauce	Breakfast burrito w/ham	Bagel	Turkey sausage, egg and cheese sandwich	Muffin
Juice	Apple	Juice	Banana	Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Lo Mein	Meatball sub sandwich	Dino nuggets	Sloppy Joe sliders	Glazed chicken drumstick
Sliced red bell peppers w/dip	Wheat roll	Carrot slims	Roasted potatoes	Salad w/spring mix
Mandarin orange segments	Cucumber slices w/dip	Banana	Pineapple tidbits	
• •	·		• •	Orange
1% Milk carton	Diced peaches	1% Milk carton	1% Milk carton	1% Milk carton
	1% Milk carton	Ketchup	Ketchup	
SANDWICH:Chickon colod	CANDWICH Turkey and Curies	SANDWICH: Chicken caeser wrap	SANDWICH:Ham and cheese	SANDWICH:Tuna salad
SANDWICH:Chicken salad	SANDWICH:Turkey and Swiss			SALAD: Chef
SALAD:Caprese	SALAD:Southwest	SALAD:Greek	SALAD: Garden w/citrus chicken	O/IL/ID. Offici
			SALAD: Garden w/citrus chicken	ONEND. OHO
SALAD:Caprese			SALAD: Garden w/citrus chicken	or as as a single
SALAD:Caprese 9/30 BREAKFAST			SALAD: Garden w/citrus chicken	John D. Onei
SALAD:Caprese 9/30 BREAKFAST Cereal; applesauce			SALAD: Garden w/citrus chicken	John Street
SALAD:Caprese 9/30 BREAKFAST Cereal; applesauce Juice			SALAD: Garden w/citrus chicken	
SALAD:Caprese 9/30 BREAKFAST Cereal; applesauce Juice LUNCH			SALAD: Garden w/citrus chicken	January, Once
SALAD:Caprese 9/30 BREAKFAST Cereal; applesauce Juice LUNCH Hamburger w/wheat roll			SALAD: Garden w/citrus chicken	January, Orion
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SALAD:Caprese  9/30  BREAKFAST  Cereal; applesauce Juice  LUNCH  Hamburger w/wheat roll			SALAD: Garden w/citrus chicken	January, Once
SALAD:Caprese  9/30  BREAKFAST  Cereal; applesauce Juice LUNCH  Hamburger w/wheat roll  Broccoli w/dip			SALAD: Garden w/citrus chicken	January, Once
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