

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9/2</b>	<b>9/3</b>	<b>9/4</b>	<b>9/5</b>	<b>9/6</b>
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Breakfast burrito w/ham Orange	Bagel Juice	Turkey sausage, egg and cheese sandwich Banana	Muffin Apple
<b>LABOR DAY SCHOOL CLOSED</b>	LUNCH	LUNCH	LUNCH	LUNCH
	Meatball Sub Sandwich Cucumber slices w/dip Diced peaches Wheat roll 1% Milk carton	Dino Nuggets Carrot slims w/dip Banana Wheat roll 1% Milk carton	Sloppy Joe Sliders Roasted potatoes Pineapple tidbits Wheat roll Ketchup 1% Milk carton	Glazed Chicken Drumstick Salad w/spring mix Orange Wheat roll 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
<b>9/9</b>	<b>9/10</b>	<b>9/11</b>	<b>9/12</b>	<b>9/13</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Applesauce, juice		Bagel Juice	Turkey sausage,egg and cheese sandwich Banana	Muffin Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hamburger w/wheat roll Broccoli Tater tots Apple 1% Milk carton Ketchup	<b>PROFESSIONAL DEVELOPMENT DAY SCHOOL CLOSED</b>	Chicken patty sandwich w/wheat roll Cucumber slices w/dip Banana 1% Milk carton Ketchup	Beef Barbacoa Taco Lettuce,sliced red peppers Red beans and rice Pineapple tidbits 1% Milk carton	Red pizza Salad w/spring mix Orange Cheese 1% Milk carton
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
<b>9/16</b>	<b>9/17</b>	<b>9/18</b>	<b>9/19</b>	<b>9/20</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal; applesauce Juice	Turkey sausage breakfast burrito Apple	Bagel Juice	Ham, egg and cheese sandwich Banana	Muffin Orange
LUNCH 1	LUNCH	LUNCH	LUNCH	LUNCH
Carolina bbq pulled pork sandwich Wheat roll Potato salad Individual applesauce 1% Milk carton	Chicken and cheese enchilada Lettuce Salsa Diced peaches 1%Milk carton	Choose :Turkey breakfast sausage OR Vegan breakfast sausage Tater tots/ketchup Banana French toast sticks/syrup 1% Milk carton	Spaghetti w/meatballs Salad w/ spring mix Mandarin orange segments Wheat roll 1% Milk carton	Mac and cheese Cut green beans, steamed Apple Wheat roll 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
<b>9/23</b>	<b>9/24</b>	<b>9/25</b>	<b>9/26</b>	<b>9/27</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal; applesauce Juice	Breakfast burrito w/ham Apple	Bagel Juice	Turkey sausage, egg and cheese sandwich Banana	Muffin Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Lo Mein Sliced red bell peppers w/dip Mandarin orange segments 1% Milk carton	Meatball sub sandwich Wheat roll Cucumber slices w/dip Diced peaches 1% Milk carton	Dino nuggets Carrot slims Banana 1% Milk carton Ketchup	Sloppy Joe sliders Roasted potatoes Pineapple tidbits 1% Milk carton Ketchup	Glazed chicken drumstick Salad w/spring mix Orange 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
<b>9/30</b>				
BREAKFAST				
Cereal; applesauce Juice				
LUNCH				
Hamburger w/wheat roll Broccoli w/dip Tater Tots Apple 1% Milk carton Ketchup				
SANDWICH:Chicken salad				
SALAD:Caprese				