

**Kingston Hill Academy**  
**Breakfast and Lunch Menu**  
**October 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>9/30</b>	<b>10/1</b>	<b>10/2</b>	<b>10/3</b>	<b>10/4</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cereal Orange	Bagel Juice	Cereal Banana	Muffin Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Dino Nuggets Broccoli w/dip Banana Wheat roll 1% Milk carton	Chicken patty sandwich w/wheat roll Corn Pear 1% Milk carton Ketchup	Beef Barbacue Taco Lettuce, sliced red peppers Red beans and rice Pineapple tidbits 1% Milk carton	Red pizza w/Cheese Salad w/spring mix Orange 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>10/7</b>	<b>10/8</b>	<b>10/9</b>	<b>10/10</b>	<b>10/11</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Applesauce, juice	Cereal Apple	Bagel Juice, Applesauce	Cereal Banana	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken and cheese enchilada Lettuce Salsa Carrot Slims w/dip Apple 1% Milk carton	Carolina bbq pulled pork sandwich Wheat roll Green Bell Peppers w/dip Banana 1% Milk carton	Choose :Turkey breakfast sausage OR Vegan breakfast sausage French toast sticks/syrup Roasted Potatoes Tangerine 1% Milk carton	Rotini & Meatballs Fresh Broccoli w/dip Applesauce 1% Milk carton	<b>NO SCHOOL PROFESSIONAL DEVELOPMENT</b>
SANDWICH: Chicken salad	SANDWICH: Turkey & Swiss	SANDWICH: Chicken caesar wrap	SANDWICH: Ham and Cheese	
SALAD: Caprese	SALAD: Southwest	SALAD: Greek	SALAD: Garden w/citrus chicken	
<b>10/14</b>	<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cereal Applesauce	Bagel Tangerine	Cereal Banana	Muffin Orange
LUNCH 1	LUNCH	LUNCH	LUNCH	LUNCH
<b>NO SCHOOL INDIGENOUS PEOPLE'S DAY</b>	Meatball Grinder Carrot Slims w/dip Banana 1% Milk carton	Dino Nuggets Corn Apple Wheat roll 1% Milk carton	Sloppy Joe Sliders Roasted Potatoes Diced Peaches 1% Milk carton	Glazed chicken Breast Wheat Roll Cut Green Beans Tangerine 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>10/21</b>	<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Juice, Applesauce	Cereal Orange	Bagel Juice	Cereal Banana	Muffin Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hamburger w/wheat roll Roasted Potatoes Apple 1% Milk carton Ketchup	Dino Nuggets Fresh Broccoli w/dip Banana Wheat roll 1% Milk carton	Chicken patty sandwich w/wheat roll Corn Pear 1% Milk carton Ketchup	Beef Barbacue Taco Red beans and rice Pineapple tidbits 1% Milk carton	Red pizza w/Cheese 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>10/28</b>	<b>10/29</b>	<b>10/30</b>	<b>10/31</b>	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Cereal Juice, Applesauce	Cereal Apple	Bagel Apple Sauce	Cereal Banana	
LUNCH	LUNCH	LUNCH	LUNCH	
Chicken and cheese enchilada Lettuce Salsa Carrot Slims w/dip Apple 1% Milk carton	Carolina bbq pulled pork sandwich Wheat roll Green Bell Peppers w/dip Banana 1% Milk carton	Choose :Turkey breakfast sausage OR Vegan breakfast sausage French toast sticks/syrup Roasted Potatoes Tangerine 1% Milk carton	Rotini & Meatballs Fresh Broccoli w/dip Applesauce 1% Milk carton	
SANDWICH: Chicken salad	SANDWICH: Turkey & Swiss	SANDWICH: Chicken Caesar Wrap	SANDWICH: Ham & Cheese	
	SALAD: Southwest	SALAD: Greek	SALAD: Garden w/Citrus Chicken	