Kingston Hill Academy Breakfast and Lunch Menu December 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2	12/3	12/4	12/5	12/6
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Bagel	Cereal	Muffin	Cereal
Applesauce, juice	Orange	Applesauce, juice	Banana	Apple
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Cheeseburger w/wheat roll	Dino Nuggets	Chicken patty sandwich w/wheat roll	Beef Barbacoa Taco	Red pizza w/Cheese
Roasted Potatoes	Broccoli w dip	Corn	Red beans and rice	Salad w/spring mix
Carrot Slims w/dip	Banana	Pear	Pineapple tidbits	Orange
Apple	1% Milk carton	1% Milk carton	1% Milk carton	1% Milk carton
1% Milk carton	.,	Ketchup		.,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
Ketchup		r totoriap		
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
12/9	12/10	12/11	12/12	12/13
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Bagel	Cereal	Muffin	Cereal
Applesauce, juice	Apple	Applesauce, juice	Banana	Tangerine
LUNCH	, , , , , , , , , , , , , , , , , , , ,	LUNCH	LUNCH	LUNCH
Chicken Pot Pie w/buttermilk biscut	Carolina bbq pulled pork sandwich	Choose :Turkey breakfast sausage	American Chop Suey	Mac & Trees
Carrot Slims w/dip	Wheat roll	OR Vegan breakfast sausage	Steamed broccoli & cauliflower	Sliced bell peppers w/dip
Carrot Cimio II/aip	Green Bell Peppers w/dip	French toast sticks/syrup	Applesauce	олова вол роррого илагр
Apple	Banana	Roasted Potatoes	1% Milk carton	Pear
1% Milk carton	1% Milk carton	Tangerine	170 Will Garton	1% Milk carton
170 Willix Cartoff	170 Wilk Carton	1% Milk carton		1 70 Willik Galton
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SANDWICH:Chicken salad	SANDWICH: Turkey & 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
SALAD: Caprese 12/16	SALAD: Southwest 12/17	SALAD: Greek 12/18	SALAD:Garden w/citrus chicken 12/19	SALAD:Chef 12/20
SALAD: Caprese 12/16 BREAKFAST	SALAD: Southwest	SALAD: Greek 12/18 BREAKFAST	SALAD:Garden w/citrus chicken 12/19 BREAKFAST	SALAD:Chef
SALAD: Caprese 12/16	SALAD: Southwest 12/17	SALAD: Greek 12/18	SALAD:Garden w/citrus chicken 12/19	SALAD:Chef 12/20
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana	SALAD:Chef 12/20 BREAKFAST Cereal Orange
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1	SALAD: Southwest 12/17 BREAKFAST Bagel	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH Dino Chicken Nuggets w/wheat roll	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein Carrot Slims w/dip	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder Sliced Red Bell Pepper w/dip	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH Dino Chicken Nuggets w/wheat roll Com	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders Fresh Broccoli w/dip	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast Cucumber slices w/dip
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein Carrot Slims w/dip Apple	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder Sliced Red Bell Pepper w/dip Banana	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH Dino Chicken Nuggets w/wheat roll Corn Apple	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders Fresh Broccoli w/dip Diced Peaches	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast Cucumber slices w/dip Tangerine
SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein Carrot Slims w/dip Apple 1% Milk carton	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder Sliced Red Bell Pepper w/dip Banana 1% Milk carton	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH Dino Chicken Nuggets w/wheat roll Corn Apple 1% Milk carton Ketchup	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders Fresh Broccoli w/dip Diced Peaches 1% Milk carton	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast Cucumber slices w/dip Tangerine 1% Milk carton
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SALAD: Caprese 12/16 BREAKFAST Cereal Applesauce, juice LUNCH 1 Chicken Lo Mein Carrot Slims w/dip Apple 1% Milk carton SANDWICH:Chicken salad SALAD: Caprese	SALAD: Southwest 12/17 BREAKFAST Bagel Tangerine LUNCH Meatball Grinder Sliced Red Bell Pepper w/dip Banana 1% Milk carton SANDWICH :Turkey and swiss SALAD: Southwest	SALAD: Greek 12/18 BREAKFAST Cereal Applesauce, juice LUNCH Dino Chicken Nuggets w/wheat roll Corn Apple 1% Milk carton Ketchup SANDWICH:Chicken caesar wrap SALAD:Greek	SALAD:Garden w/citrus chicken 12/19 BREAKFAST Muffin Banana LUNCH Sloppy Joe Sliders Fresh Broccoli w/dip Diced Peaches 1% Milk carton SANDWICH:Ham and cheese SALAD:Garden w/citrus chicken	SALAD:Chef 12/20 BREAKFAST Cereal Orange LUNCH Glazed Chicken Breast Cucumber slices w/dip Tangerine 1% Milk carton SANDWICH:Tuna salad SALAD:Chef
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