

DECEMBER

Breakfast



KINGSMAN ACADEMY PCS

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
COCOA PUFFS ^ Graham Crackers ^ Craisins Pineapple Cup UHT- FAT FREE CHOC MILK (54/8OZ) Choice of Milk	MAPLE PANCAKES ^ Diced Pears Grape Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Orange Diced Peaches Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Mixed Fruit Cup Assorted Jelly Choice of Milk	MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Diced Pears Choice of Milk	BEEF SAUSAGE SLIDER ^ Mixed Fruit Cup Blended Fruit Juice Assorted Jelly Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Fresh Banana Pineapple Cup Syrup Choice of Milk	CINNAMON TOAST CRUNCH ^ French Toast Breakfast Square ^ Fresh Orange Diced Peaches Choice of Milk
December 16, 2019	December 17, 2019	December 18, 2019	December 19, 2019	December 20, 2019
FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Mixed Fruit Cup Choice of Milk	Choice of Milk CHEESE OMELET Sliced Bread ^ Assorted Jelly Blended Fruit Juice Diced Pears	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Orange Pineapple Cup Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Diced Peaches Syrup Choice of Milk	MOZZARELLA CHEESE STICK Cherry Mini Loaf ^ Fresh Apple Choice of Milk
December 23, 2019	December 24, 2019	December 25, 2019	December 26, 2019	December 27, 2019
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
HOLIDAY BREAK	HOLIDAY BREAK			

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



DECEMBER

Lunch



KINGSMAN ACADEMY PCS LNV2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
MEATLESS MONDAY MAC & CHEESE ^ Diced Carrots Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Grape Juice UHT- FAT FREE CHOC MILK (54/8OZ) Choice of Milk	CRUNCHY CHICKEN TENDERS ^ VEGETARIAN BURGER Hamburger Bun ^ Baked Beans Broccoli Mixed Fruit Cup BBQ Sauce Mustard Ketchup Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Pear Mustard Choice of Milk	POPCORN CHICKEN ^ VEGGIE NUGGETS ^ French Fries Romaine Lettuce Light French Dressing Fresh Orange BBQ Sauce Ketchup Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) 4-CHEESE PANINI ^ Mashed Potatoes Mixed Vegetables Fresh Banana Choice of Milk
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Blended Fruit Juice Choice of Milk	Mustard Ketchup Choice of Milk *NEW ITEM* CHEESY TACO MEAT VEGETARIAN BURGER Hamburger Bun ^ Corn Diced Carrots Diced Pears Wild White Nacho Doritos	TURKEY BOLOGNA SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Orange Mustard Choice of Milk	HOT DOG Hot Dog Bun ^ VEGGIE NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple Mustard Ketchup BBQ Sauce Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ 4-CHEESE PANINI ^ French Fries Romaine Lettuce Light Italian Dressing Fresh Banana Chipotle Ranch Ketchup Choice of Milk
December 16, 2019	December 17, 2019	December 18, 2019	December 19, 2019	December 20, 2019
*NEW RECIPE!*** BEEF & BEAN CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Corn Grape Juice Choice of Milk	BAGEL DOG ^ VEGETARIAN BURGER Hamburger Bun ^ Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Banana Light Mayonnaise Choice of Milk	HOLIDAY MEAL** CHEESE LASAGNA ^ VEGGIE NUGGETS ^ Diced Carrots Broccoli Fresh Pear BBQ Sauce Chocolate Cookie ^ Choice of Milk	CHEESE PIZZA WEDGE ^ 4-CHEESE PANINI ^ Mixed Vegetables Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk
December 23, 2019	December 24, 2019	December 25, 2019	December 26, 2019	December 27, 2019
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
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DECEMBER

Lunch



KINGSMAN ACADEMY PCS LHV2 - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 2, 2019	December 3, 2019	December 4, 2019	December 5, 2019	December 6, 2019
MEATLESS MONDAY MAC & CHEESE ^ Diced Carrots Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Green Beans Grape Juice Diced Pears UHT- FAT FREE CHOC MILK (54/8OZ) Choice of Milk	CRUNCHY CHICKEN TENDERS ^ VEGETARIAN BURGER Hamburger Bun ^ Baked Beans Broccoli Mixed Fruit Cup Craisins BBQ Sauce Mustard Ketchup Vanilla Cookie ^ Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Pickle Chips Fresh Pear Applesauce Cup Mustard Choice of Milk	POPCORN CHICKEN ^ VEGGIE NUGGETS ^ French Fries Romaine Lettuce Light French Dressing Fresh Orange Diced Peaches BBQ Sauce Ketchup Multi Grain Sun Chips ^ Choice of Milk	HOMESTYLE SALISBURY STEAK W/GRAVY Sliced Bread ^ (2) 4-CHEESE PANINI ^ Mashed Potatoes Mixed Vegetables Fresh Banana Pineapple Cup Choice of Milk
December 9, 2019	December 10, 2019	December 11, 2019	December 12, 2019	December 13, 2019
PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Broccoli Blended Fruit Juice Diced Peaches Choice of Milk	*NEW ITEM* CHEESY TACO MEAT VEGETARIAN BURGER Hamburger Bun ^ Corn Diced Carrots Diced Pears Craisins Wild White Nacho Doritos Mustard Ketchup Snickerdoodle Cookie ^ Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Pineapple Cup Mustard Choice of Milk	HOT DOG Hot Dog Bun ^ VEGGIE NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple Mustard Ketchup BBQ Sauce Cheddar Sun Chips ^ Choice of Milk	CRISPY CHICKEN PATTY ^ Hamburger Bun ^ 4-CHEESE PANINI ^ French Fries Romaine Lettuce Light Italian Dressing Fresh Banana Mixed Fruit Cup Chipotle Ranch Ketchup Choice of Milk
December 16, 2019	December 17, 2019	December 18, 2019	December 19, 2019	December 20, 2019
*NEW RECIPE!*** BEEF & BEAN CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Corn Grape Juice Diced Pears Choice of Milk	BAGEL DOG ^ VEGETARIAN BURGER Hamburger Bun ^ Baked Beans Potato Rounds Fresh Apple Mustard Ketchup Cheddar Sun Chips ^ Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Banana Diced Peaches Light Mayonnaise Choice of Milk	HOLIDAY MEAL** CHEESE LASAGNA ^ VEGGIE NUGGETS ^ Diced Carrots Broccoli Fresh Pear Pineapple Cup Breadstick ^ BBQ Sauce Chocolate Cookie ^ Choice of Milk	CHEESE PIZZA WEDGE ^ 4-CHEESE PANINI ^ Mixed Vegetables Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Craisins Choice of Milk
December 23, 2019	December 24, 2019	December 25, 2019	December 26, 2019	December 27, 2019
HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
December 30, 2019	December 31, 2019	January 1, 2020	January 2, 2020	January 3, 2020
HOLIDAY BREAK	HOLIDAY BREAK			

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