



NOVEMBER

Breakfast



KINGSMAN ACADEMY PCS

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Orange Mixed Fruit Cup Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Diced Pears Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Pineapple Cup Blended Fruit Juice Assorted Jelly Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Orange Diced Peaches Choice of Milk	WAFFLES ^ Fresh Banana Mixed Fruit Cup Syrup Choice of Milk	CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
NO SCHOOL	FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Mixed Fruit Cup Choice of Milk	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Pineapple Cup Syrup Choice of Milk	PEACH MINI LOAF ^ Mozzarella Cheese Stick Fresh Orange Diced Peaches Choice of Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Diced Pears Choice of Milk	PANCAKES ^ Grape Juice Diced Peaches Syrup Choice of Milk	MOZZARELLA CHEESE STICK Chocolate Chip Mini Loaf ^ Fresh Apple Choice of Milk	Fresh Banana Mixed Fruit Cup Taco Sauce Choice of Milk BREAKFAST BURRITO ^	APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Orange Pineapple Cup Choice of Milk
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL

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.



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Lunch



NOVEMBER

KINGSMAN ACADEMY PCS

LVN2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER Hamburger Bun ^ Sun Splash Veggie Juice Mixed Vegetables Fresh Pear Mustard Ketchup Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ CHEESE PIZZA WEDGE ^ Corn Orange Juice BBQ Sauce Ketchup Choice of Milk	RIB-B-QUE VEGETARIAN BURGER Hamburger Bun ^ Broccoli Diced Carrots Diced Peaches Mustard Ketchup Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Pear Light Mayonnaise Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ VEGGIE NUGGETS ^ Romaine Lettuce Red Pepper Light Ranch Dressing Sliced Apples Salsa BBQ Sauce Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ 4-CHEESE PANINI ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
NO SCHOOL	PANCAKES & SAUSAGE ^ CHEESE PIZZA WEDGE ^ Sun Splash Veggie Juice Potato Rounds Pineapple Cup Syrup Ketchup Choice of Milk	Fresh Banana Mustard Choice of Milk DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice	MINI CORN DOGS ^ VEGGIE NUGGETS ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Apple Mustard Ketchup BBQ Sauce Choice of Milk	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ 4-CHEESE PANINI ^ Diced Carrots Broccoli Fresh Pear Choice of Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ CHEESE PIZZA WEDGE ^ Mixed Vegetables Diced Peaches Choice of Milk	BAGEL DOG ^ VEGETARIAN BURGER Hamburger Bun ^ Fiesta Beans Fresh Baby Carrots Light Ranch Dressing Diced Peas Ketchup Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Banana Mustard Choice of Milk	Choice of Milk MEATBALL SUB Hot Dog Bun ^ VEGGIE NUGGETS ^ Potato Rounds Broccoli Fresh Orange BBQ Sauce Ketchup	HOLIDAY MEAL** TURKEY W/STUFFING GRAVY SWEET POTATOES ^ 4-CHEESE PANINI ^ Diced Carrots Romaine Lettuce Light Italian Dressing Fresh Apple Chocolate Cookie ^ Choice of Milk
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL

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Lunch



NOVEMBER

KINGSMAN ACADEMY PCS

LHV2 - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
				PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER Hamburger Bun ^ Sun Splash Veggie Juice Mixed Vegetables Fresh Pear Pineapple Cup Mustard Ketchup Choice of Milk
November 4, 2019	November 5, 2019	November 6, 2019	November 7, 2019	November 8, 2019
CHICKEN STRIPS W/SWEET POTATO FRIES ^ CHEESE PIZZA WEDGE ^ Country Blend Vegetables Orange Juice Mixed Fruit Cup BBQ Sauce Ketchup Cheddar Sun Chips ^ Choice of Milk	RIB-B-QUE VEGETARIAN BURGER Hamburger Bun ^ Broccoli Diced Carrots Diced Peaches Craisins Mustard Ketchup Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Pickle Chips Tropical Veggie Juice Fresh Pear Pineapple Cup Light Mayonnaise Snickerdoodle Cookie ^ Choice of Milk	CHEESY TACO MEAT Tortilla Chips ^ VEGGIE NUGGETS ^ Romaine Lettuce Red Pepper Fresh Baby Carrots Light Ranch Dressing Fresh Apple Salsa BBQ Sauce Vanilla Cookie ^ Choice of Milk	CHICKEN DRUMSTICK Corn Muffin ^ 4-CHEESE PANINI ^ Maple Baked Beans Mixed Vegetables Fresh Banana Diced Peas BBQ Sauce Choice of Milk
November 11, 2019	November 12, 2019	November 13, 2019	November 14, 2019	November 15, 2019
NO SCHOOL	PANCAKES & SAUSAGE ^ CHEESE PIZZA WEDGE ^ Sun Splash Veggie Juice Potato Rounds Pineapple Cup Diced Peas Syrup Ketchup Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Fresh Baby Carrots Light Ranch Dressing Tropical Veggie Juice Fresh Banana Diced Peaches Mustard Choice of Milk	MINI CORN DOGS ^ VEGGIE NUGGETS ^ Maple Baked Beans Mixed Vegetables Fresh Apple Mustard Ketchup BBQ Sauce Snickerdoodle Cookie ^ Choice of Milk	ITALIAN CHICKEN PARMESAN ^ Hamburger Bun ^ 4-CHEESE PANINI ^ Diced Carrots Broccoli Fresh Pear Grape Juice Choice of Milk
November 18, 2019	November 19, 2019	November 20, 2019	November 21, 2019	November 22, 2019
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA WEDGE ^ Country Blend Vegetables Diced Peaches Blended Fruit Juice Choice of Milk	BAGEL DOG ^ VEGETARIAN BURGER Hamburger Bun ^ Fiesta Beans Mixed Vegetables Diced Peas Craisins Mustard Ketchup Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Banana Mixed Fruit Cup Mustard Vanilla Cookie ^ Choice of Milk	MEATBALL SUB Hot Dog Bun ^ VEGGIE NUGGETS ^ Potato Rounds Broccoli Fresh Orange Pineapple Cup BBQ Sauce Ketchup Corn Muffin ^ Choice of Milk	TURKEY W/STUFFING GRAVY SWEET POTATOES ^ 4-CHEESE PANINI ^ Diced Carrots Romaine Lettuce Light Ranch Dressing Fresh Apple Chocolate Cookie ^ Choice of Milk HOLIDAY MEAL**
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019	November 29, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	THANKSGIVING	NO SCHOOL

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