

May 2020

# KINGSMAN ACADEMY PCS

## Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
April 27, 2020	April 28, 2020	April 29, 2020	April 30, 2020	May 1, 2020
				MOZZARELLA CHEESE STICK Peach Mini Loaf ^ Fresh Apple Choice of Milk
May 4, 2020	May 5, 2020	May 6, 2020	May 7, 2020	May 8, 2020
APPLE JACKS ^ Vanilla Waffle Square Craisins Mixed Fruit Cup Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Assorted Jelly Diced Peaches Grape Juice Choice of Milk	BANANA MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	WAFFLES ^ Syrup Fresh Orange Diced Pears Choice of Milk	RICE KRISPIES ^ French Toast Breakfast Square ^ Fresh Banana Pineapple Cup Choice of Milk
May 11, 2020	May 12, 2020	May 13, 2020	May 14, 2020	May 15, 2020
FROOT LOOPS^ Cinnamon Sky Crackers ^ Craisins Diced Peaches Choice of Milk	CHEESE OMELET Sliced Bread ^ Assorted Jelly Grape Juice Diced Pears Choice of Milk	FROSTED FLAKES ^ Vanilla Waffle Square ^ Fresh Banana Pineapple Cup Choice of Milk	FRENCH TOAST STICKS ^ Syrup Fresh Orange Mixed Fruit Cup Choice of Milk	MOZZARELLA CHEESE STICK Lemon Mini Loaf ^ Fresh Apple Choice of Milk
May 18, 2020	May 19, 2020	May 20, 2020	May 21, 2020	May 22, 2020
GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Mixed Fruit Cup Choice of Milk	PANCAKES ^ Syrup Diced Peaches Blended Fruit Juice Choice of Milk	MOZZARELLA CHEESE STICK Chocolate Chip Mini Loaf ^ Diced Pears Fresh Orange Choice of Milk	BREAKFAST BURRITO ^ Taco Sauce Fresh Apple Choice of Milk	APPLE JACKS ^ Maple Breakfast Square ^ Pineapple Cup Fresh Banana Choice of Milk
May 25, 2020	May 26, 2020	May 27, 2020	May 28, 2020	May 29, 2020
MEMORIAL DAY	RICE KRISPIES ^ Strawberry Pancake Square ^ Craisins Mixed Fruit Cup Choice of Milk	BLUEBERRY MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	PILLSBURY GRAPE CRESCENT ^ Fresh Banana Blended Fruit Juice Choice of Milk	FROOT LOOPS^ Vanilla Waffle Square ^ Fresh Pear Diced Peaches Choice of Milk

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.

May 2020

# KINGSMAN ACADEMY PCS

## LNV2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
April 27, 2020	April 28, 2020	April 29, 2020	April 30, 2020	May 1, 2020
				CHEESE PIZZA WEDGE ^ PEPPERONI PIZZA WEDGE ^ Romaine Lettuce Light Ranch Dressing Fresh Pear Choice of Milk
May 4, 2020	May 5, 2020	May 6, 2020	May 7, 2020	May 8, 2020
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Broccoli Diced Pears Choice of Milk	*NEW ITEM* TACO TATER TOT-CHOS Tortilla Chips ^ VEGGIE BURGER POTATO WEDGES Hamburger Bun ^ Mustard Ketchup Romaine Lettuce Light Ranch Dressing Mixed Fruit Cup Choice of Milk	TURKEY BOLOGNA SANDWICH^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Mustard Choice of Milk	CHIK'N NUGGETS W/POTATO WEDGES CHICKEN TENDERS WITH POTATO WEDGES ^ Baked Beans Fresh Banana Honey Mustard Cup Ketchup Corn Muffin ^ Choice of Milk	HERO SANDWICH^ BEAN & CHEESE BURRITO ^ Salsa Cup Green Beans Fresh Apple Wild White Nacho Doritos^ Mustard Choice of Milk
May 11, 2020	May 12, 2020	May 13, 2020	May 14, 2020	May 15, 2020
PANCAKES & SAUSAGE ^ Syrup 4-CHEESE PANINI ^ Tropical Veggie Juice Applesauce Cup Choice of Milk	MINI CORN DOGS ^ Mustard Ketchup VEGGIE NUGGETS ^ Sliced Bread ^ BBQ Sauce Baked Beans Broccoli Mixed Fruit Cup Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Orange Mustard Choice of Milk	CHICKEN ALFREDO PASTA ^ MAC & CHEESE ^ Mixed Vegetables Sliced Apples Choice of Milk	CHEESE PIZZA WEDGE ^ PEPPERONI PIZZA WEDGE ^ Romaine Lettuce Light Italian Dressing Fresh Banana Choice of Milk
May 18, 2020	May 19, 2020	May 20, 2020	May 21, 2020	May 22, 2020
MEATLOAF W/TOMATO SAUCE Breadstick ^ 4-CHEESE PANINI ^ Mashed Potatoes Broccoli Applesauce Cup Choice of Milk	CHICKEN DRUMSTICK VEGGIE NUGGETS ^ Corn Muffin ^ Romaine Lettuce Light Ranch Dressing Diced Carrots Pineapple Cup BBQ Sauce Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Banana Mustard Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ VEGGIE BURGER POTATO WEDGES Hamburger Bun ^ Baked Beans Fresh Orange Mustard Ketchup Choice of Milk	CHEESY BUFFALO CHICKEN ROTINI ^ MINI CHEESE RAVIOLI WITH SAUCE ^ California Blend Veggies Fresh Pear Snickerdoodle Cookie ^ Choice of Milk
May 25, 2020	May 26, 2020	May 27, 2020	May 28, 2020	May 29, 2020
MEMORIAL DAY	POPCORN CHICKEN ^ BBQ Sauce 4-CHEESE PANINI ^ Diced Carrots Corn Orange Sorbet 100% Juice Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Pear Light Mayonnaise Choice of Milk	CHEESY TACO MEAT VEGGIE NUGGETS ^ BBQ Sauce Wild White Nacho Doritos^ Seasoned Refried Beans Salsa Cup Sliced Apples Choice of Milk	Choice of Milk MINI CHEESE RAVIOLI WITH SAUCE ^ CHEESE PIZZA WEDGE ^ Romaine Lettuce Light Italian Dressing Fresh Banana

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

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# May 2020

## KINGSMAN ACADEMY PCS

### LHV2 - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
April 27, 2020	April 28, 2020	April 29, 2020	April 30, 2020	May 1, 2020
				CHEESE PIZZA WEDGE ^ PEPPERONI PIZZA WEDGE ^ Romaine Lettuce Light Ranch Dressing Corn Fresh Pear Pineapple Cup Choice of Milk
May 4, 2020	May 5, 2020	May 6, 2020	May 7, 2020	May 8, 2020
CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Broccoli Diced Pears Choice of Milk Blended Fruit Juice Chocolate Cookie ^	*NEW ITEM* TACO TATER TOT-CHOS Tortilla Chips ^ VEGGIE BURGER POTATO WEDGES Pickle Chips Hamburger Bun ^ Mustard Ketchup Romaine Lettuce Light Ranch Dressing Mixed Fruit Cup Craisins Snickerdoodle Cookie ^ Choice of Milk	TURKEY BOLOGNA SANDWICH ^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Celery Sticks Light Ranch Dressing Fresh Orange Pineapple Cup Mustard Choice of Milk	CHIK'N NUGGETS W/POTATO WEDGES CHICKEN TENDERS WITH POTATO WEDGES ^ Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Banana Diced Peaches Honey Mustard Cup Ketchup Corn Muffin ^ Choice of Milk	HERO SANDWICH ^ BEAN & CHEESE BURRITO ^ Pickle Chips Salsa Cup Green Beans Fresh Apple Wild White Nacho Doritos ^ Mustard Choice of Milk
May 11, 2020	May 12, 2020	May 13, 2020	May 14, 2020	May 15, 2020
PANCAKES & SAUSAGE ^ Syrup 4-CHEESE PANINI ^ Tropical Veggie Juice Potato Rounds Applesauce Cup Diced Pears Ketchup Choice of Milk	MINI CORN DOGS ^ Mustard Ketchup VEGGIE NUGGETS ^ Corn Muffin ^ BBQ Sauce Baked Beans Broccoli Mixed Fruit Cup Craisins Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Sun Splash Veggie Juice Fresh Baby Carrots Light Ranch Dressing Pickle Chips Fresh Orange Diced Peaches Light Mayonnaise Choice of Milk	CHICKEN ALFREDO PASTA ^ MAC & CHEESE ^ Mixed Vegetables Fresh Baby Carrots Light Ranch Dressing Fresh Apple Vanilla Cookie ^ Choice of Milk	CHEESE PIZZA WEDGE ^ PEPPERONI PIZZA WEDGE ^ Romaine Lettuce Celery Sticks Light Italian Dressing Fresh Banana Pineapple Cup Choice of Milk
May 18, 2020	May 19, 2020	May 20, 2020	May 21, 2020	May 22, 2020
MEATLOAF W/TOMATO SAUCE Breadstick ^ 4-CHEESE PANINI ^ Mashed Potatoes Broccoli Applesauce Cup Grape Juice Chocolate Cookie ^ Choice of Milk	CHICKEN DRUMSTICK VEGGIE NUGGETS ^ Corn Muffin ^ Romaine Lettuce Light Ranch Dressing Diced Carrots Pineapple Cup Craisins BBQ Sauce Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Fresh Baby Carrots Light Ranch Dressing Fresh Banana Mixed Fruit Cup Mustard Choice of Milk	HOT DOG Hot Dog Bun ^ VEGGIE BURGER POTATO WEDGES Hamburger Bun ^ Baked Beans Potato Rounds Fresh Orange Diced Pears Mustard Ketchup Pretzels ^ Choice of Milk	CHEESY BUFFALO CHICKEN ROTINI ^ MINI CHEESE RAVIOLI WITH SAUCE ^ California Blend Veggies Fresh Baby Carrots Light Ranch Dressing Fresh Pear Diced Peaches Snickerdoodle Cookie ^ Choice of Milk
May 25, 2020	May 26, 2020	May 27, 2020	May 28, 2020	May 29, 2020
MEMORIAL DAY	POPCORN CHICKEN ^ Sliced Bread ^ BBQ Sauce 4-CHEESE PANINI ^ Diced Carrots Corn Orange Sorbet 100% Juice Diced Peaches Choice of Milk	DELI SUB SANDWICH ^ CHEESE SANDWICH ^ Tropical Veggie Juice Pickle Chips Fresh Pear Pineapple Cup Light Mayonnaise Multi Grain Sun Chips ^ Choice of Milk	CHEESY TACO MEAT VEGGIE NUGGETS ^ BBQ Sauce Wild White Nacho Doritos ^ Seasoned Refried Beans Salsa Cup Fresh Baby Carrots Light Ranch Dressing Fresh Apple Chocolate Cookie ^ Choice of Milk	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick ^ CHEESE PIZZA WEDGE ^ Romaine Lettuce Celery Sticks Light Italian Dressing Fresh Banana Mixed Fruit Cup Choice of Milk

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