

# SEPTEMBER

## Breakfast



### KINGSMAN ACADEMY PCS

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| September 2, 2019   | September 3, 2019  | September 4, 2019  | September 5, 2019   | September 6, 2019   |
| LABOR DAY   | Craisins<br>Mixed Fruit Cup<br>Choice of Milk<br>FRUITY CHEERIOS ^<br>Animal Grahams ^ | FROSTED CORN FLAKES ^<br>Vanilla Waffle Square ^<br>Fresh Apple<br>Choice of Milk                | FRENCH TOAST STICKS ^<br>Fresh Banana<br>Pineapple Cup<br>Syrup<br>Choice of Milk                               | PEACH MINI LOAF ^<br>Mozzarella Cheese Stick<br>Fresh Orange<br>Diced Peaches<br>Choice of Milk             |
| September 9, 2019   | September 10, 2019   | September 11, 2019   | September 12, 2019  | September 13, 2019  |
| GOLDEN GRAHAM CEREAL ^<br>French Toast<br>Breakfast Square ^<br>Craisins<br>Diced Pears<br>Choice of Milk | PANCAKES ^<br>Grape Juice<br>Diced Peaches<br>Syrup<br>Choice of Milk                  | MOZZARELLA CHEESE STICK<br>Chocolate Chip<br>Mini Loaf ^<br>Fresh Apple<br>Choice of Milk        | BREAKFAST BURRITO ^<br>Fresh Banana<br>Mixed Fruit Cup<br>Taco Sauce<br>Choice of Milk                          | APPLE CINNAMON<br>CHEERIOS ^<br>Maple Breakfast Square ^<br>Fresh Orange<br>Pineapple Cup<br>Choice of Milk |
| September 16, 2019  | September 17, 2019   | September 18, 2019   | September 19, 2019  | September 20, 2019  |
| TRIX ^<br>Strawberry<br>Pancake Square ^<br>Craisins<br>Diced Peaches<br>Choice of Milk                   | CHICKEN BISCUIT ^<br>Mixed Fruit Cup<br>Blended Fruit Juice<br>Honey<br>Choice of Milk | Choice of Milk<br>BLUEBERRY MUFFIN ^<br>Mozzarella Cheese Stick<br>Fresh Orange<br>Pineapple Cup | WAFFLES ^<br>Fresh Banana<br>Diced Pears<br>Syrup<br>Choice of Milk   | CORN CHEX ^<br>Vanilla Waffle Square ^<br>Fresh Apple<br>Choice of Milk                                     |
| September 23, 2019  | September 24, 2019   | September 25, 2019   | September 26, 2019  | September 27, 2019  |
| COCOA PUFFS ^<br>Graham Crackers ^<br>Craisins<br>Pineapple Cup<br>Choice of Milk                         | STRAWBERRY PANCAKES ^<br>Diced Pears<br>Grape Juice<br>Choice of Milk                  | CINNAMON CHEX ^<br>Maple Breakfast Square ^<br>Fresh Apple<br>Choice of Milk                     | TURKEY HAM & CHEESE<br>ON ENGLISH MUFFIN ^<br>Fresh Banana<br>Diced Peaches<br>Assorted Jelly<br>Choice of Milk | MOZZARELLA CHEESE STICK<br>Peach Mini Loaf ^<br>Fresh Orange<br>Mixed Fruit Cup<br>Choice of Milk           |
| September 30, 2019  | October 1, 2019  | October 2, 2019  | October 3, 2019   | October 4, 2019   |
| APPLE CINNAMON<br>CHEERIOS ^<br>Vanilla Waffle Square<br>Craisins<br>Diced Pears<br>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.

[www.preferredmeals.com](http://www.preferredmeals.com)



# SEPTEMBER

## KINGSMAN ACADEMY PCS LNV2 - Lunch K-8

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|---|
| September 2, 2019   | September 3, 2019  | September 4, 2019  | September 5, 2019  | September 6, 2019   |
| LABOR DAY   | PANCAKES & SAUSAGE ^<br>CHEESE PIZZA ^<br>Sun Splash Veggie Juice<br>Potato Rounds<br>Pineapple Cup<br>Syrup<br>Ketchup<br>Choice of Milk                                | DELI SUB SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Banana<br>Mustard<br>Choice of Milk               | MINI CORN DOGS ^<br>VEGGIE NUGGETS ^<br>Maple Baked Beans<br>Fresh Baby Carrots<br>Light Ranch Dressing<br>Fresh Apple<br>Mustard<br>Ketchup<br>BBQ Sauce<br>Choice of Milk              | ITALIAN CHICKEN PARMESAN ^<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>Diced Carrots<br>Broccoli<br>Fresh Pear<br>Choice of Milk   |
| September 9, 2019   | September 10, 2019   | September 11, 2019   | September 12, 2019   | September 13, 2019  |
| CHICKEN DUNKERS<br>W/PARMESAN MARINARA SAUCE ^<br>Breadstick ^<br>CHEESE PIZZA ^<br>Mixed Vegetables<br>Diced Peaches<br>Choice of Milk | BAGEL DOG ^<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Fiesta Beans<br>Fresh Baby Carrots<br>Light Ranch Dressing<br>Diced Pears<br>Mustard<br>Ketchup<br>Choice of Milk | TURKEY BOLOGNA SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Banana<br>Mustard<br>Choice of Milk         | MEATBALL SUB<br>Hot Dog Bun ^<br>VEGGIE NUGGETS ^<br>Potato Rounds<br>Broccoli<br>Fresh Orange<br>BBQ Sauce<br>Ketchup<br>Choice of Milk   | TERIYAKI CHICKEN PATTY<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>Romaine Lettuce<br>Light Ranch Dressing<br>Diced Carrots<br>Fresh Apple<br>Choice of Milk                       |
| September 16, 2019  | September 17, 2019   | September 18, 2019   | September 19, 2019   | September 20, 2019  |
| PENNE PASTA<br>W/MEAT SAUCE ^<br>Breadstick ^<br>CHEESE PIZZA ^<br>Broccoli<br>Pineapple Cup<br>Choice of Milk                          | CHEESEBURGER<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Maple Baked Beans<br>Sun Splash Veggie Juice<br>Diced Pears<br>Mustard<br>Ketchup<br>Choice of Milk              | TURKEY HAM & CHEESE<br>SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Banana<br>Mustard<br>Choice of Milk | CHICKEN NUGGETS ^<br>VEGGIE NUGGETS ^<br>Romaine Lettuce<br>Light Ranch Dressing<br>Diced Carrots<br>Sliced Apples<br>Honey Mustard Cup<br>Choice of Milk                                | BBQ CHICKEN<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>French Fries<br>Fresh Orange<br>Ketchup<br>Choice of Milk  |
| September 23, 2019  | September 24, 2019   | September 25, 2019   | September 26, 2019   | September 27, 2019  |
| POPCORN CHICKEN ^<br>CHEESE PIZZA ^<br>Corn<br>Broccoli<br>Mixed Fruit Cup<br>BBQ Sauce<br>Choice of Milk                               | RANCH TURKEY BURGER<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Fiesta Beans<br>Diced Carrots<br>Diced Peaches<br>Chipotle Ranch<br>Choice of Milk                        | DELI SUB SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Banana<br>Light Mayonnaise<br>Choice of Milk      | SLOPPY JOE<br>Hamburger Bun ^<br>VEGGIE NUGGETS ^<br>Breadstick ^<br>Potato Rounds<br>Romaine Lettuce<br>Light Italian Dressing<br>Fresh Apple<br>BBQ Sauce<br>Ketchup<br>Choice of Milk | PIZZA DIPPERS ^<br>Marinara Dipping Sauce<br>CHEESEBURGER<br>Hamburger Bun ^<br>Sun Splash Veggie Juice<br>Mixed Vegetables<br>Fresh Pear<br>Mustard<br>Ketchup<br>Choice of Milk |
| September 30, 2019  | October 1, 2019  | October 2, 2019  | October 3, 2019  | October 4, 2019   |
| CHICKEN STRIPS<br>W/SWEET POTATO FRIES ^<br>CHEESE PIZZA ^<br>Corn<br>Orange Juice<br>BBQ Sauce<br>Ketchup<br>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.

[www.preferredmeals.com](http://www.preferredmeals.com)

# SEPTEMBER

## KINGSMAN ACADEMY PCS LHV2 - Lunch 9-12

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| September 2, 2019  | September 3, 2019   | September 4, 2019   | September 5, 2019  | September 6, 2019  |
| LABOR DAY  | PANCAKES & SAUSAGE ^<br>CHEESE PIZZA ^<br>Sun Splash Veggie Juice<br>Potato Rounds<br>Pineapple Cup<br>Diced Pears<br>Syrup<br>Ketchup<br>Choice of Milk                | DELI SUB SANDWICH ^<br>CHEESE SANDWICH ^<br>Fresh Baby Carrots<br>Light Ranch Dressing<br>Tropical Veggie Juice<br>Fresh Banana<br>Diced Peaches<br>Mustard<br>Choice of Milk                                   | MINI CORN DOGS ^<br>VEGGIE NUGGETS ^<br>Maple Baked Beans<br>Mixed Vegetables<br>Fresh Apple<br>Mustard<br>Ketchup<br>BBQ Sauce<br>Snickerdoodle Cookie ^<br>Choice of Milk              | ITALIAN CHICKEN PARMESAN ^<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>Diced Carrots<br>Broccoli<br>Fresh Pear<br>Grape Juice<br>Choice of Milk   |
| September 9, 2019  | September 10, 2019  | September 11, 2019  | September 12, 2019   | September 13, 2019   |
| CHICKEN DUNKERS<br>W/PARMESAN MARINARA SAUCE ^<br>Breadstick ^<br>CHEESE PIZZA ^<br>Country Blend Vegetables<br>Diced Peaches<br>Blended Fruit Juice<br>Choice of Milk                     | BAGEL DOG ^<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Fiesta Beans<br>Mixed Vegetables<br>Diced Pears<br>Craisins<br>Mustard<br>Ketchup<br>Choice of Milk              | Fresh Banana<br>Mixed Fruit Cup<br>Mustard<br>Chocolate Cookie ^<br>Choice of Milk<br>TURKEY BOLOGNA SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Baby Carrots<br>Light Ranch Dressing     | MEATBALL SUB<br>Hot Dog Bun ^<br>VEGGIE NUGGETS ^<br>Potato Rounds<br>Broccoli<br>Fresh Orange<br>Pineapple Cup<br>BBQ Sauce<br>Ketchup<br>Corn Muffin ^<br>Choice of Milk               | TERIYAKI CHICKEN PATTY<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>Romaine Lettuce<br>Light Ranch Dressing<br>Diced Carrots<br>Fresh Apple<br>Choice of Milk  |
| September 16, 2019   | September 17, 2019  | September 18, 2019  | September 19, 2019   | September 20, 2019   |
| PENNE PASTA<br>W/MEAT SAUCE ^<br>Breadstick ^<br>CHEESE PIZZA ^<br>Broccoli<br>Mixed Vegetables<br>Pineapple Cup<br>Grape Juice<br>Choice of Milk  | CHEESEBURGER<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Maple Baked Beans<br>Sun Splash Veggie Juice<br>Diced Pears<br>Craisins<br>Mustard<br>Ketchup<br>Choice of Milk | TURKEY HAM & CHEESE<br>SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Pickle Chips<br>Fresh Banana<br>Diced Peaches<br>Mustard<br>Cheddar Sun Chips ^<br>Choice of Milk                            | CHICKEN NUGGETS ^<br>VEGGIE NUGGETS ^<br>Romaine Lettuce<br>Light Ranch Dressing<br>Diced Carrots<br>Fresh Apple<br>Honey Mustard Cup<br>Corn Muffin ^<br>Choice of Milk                 | BBQ CHICKEN<br>Hamburger Bun ^<br>4-CHEESE PANINI ^<br>French Fries<br>Fresh Baby Carrots<br>Light Ranch Dressing<br>Fresh Orange<br>Mixed Fruit Cup<br>Ketchup<br>Choice of Milk                  |
| September 23, 2019   | September 24, 2019  | September 25, 2019  | September 26, 2019   | September 27, 2019   |
| BBQ Sauce<br>Vanilla Cookie ^<br>Choice of Milk<br>POPCORN CHICKEN ^<br>CHEESE PIZZA ^<br>Corn<br>Broccoli<br>Mixed Fruit Cup<br>Blended Fruit Juice                                       | RANCH TURKEY BURGER<br>VEGETARIAN BURGER<br>Hamburger Bun ^<br>Fiesta Beans<br>Diced Carrots<br>Diced Peaches<br>Craisins<br>Chipotle Ranch<br>Choice of Milk           | Choice of Milk<br>DELI SUB SANDWICH ^<br>CHEESE SANDWICH ^<br>Tropical Veggie Juice<br>Fresh Baby Carrots<br>Light Ranch Dressing<br>Fresh Banana<br>Diced Pears<br>Light Mayonnaise<br>Multi Grain Sun Chips ^ | SLOPPY JOE<br>Hamburger Bun ^<br>VEGGIE NUGGETS ^<br>Breadstick ^<br>Potato Rounds<br>Romaine Lettuce<br>Light Italian Dressing<br>Fresh Apple<br>BBQ Sauce<br>Ketchup<br>Choice of Milk | PIZZA DIPPERS ^<br>Marinara Dipping Sauce<br>CHEESEBURGER<br>Hamburger Bun ^<br>Sun Splash Veggie Juice<br>Mixed Vegetables<br>Fresh Pear<br>Pineapple Cup<br>Mustard<br>Ketchup<br>Choice of Milk |
| September 30, 2019   | October 1, 2019   | October 2, 2019   | October 3, 2019  | October 4, 2019  |
| CHICKEN STRIPS<br>W/SWEET POTATO FRIES ^<br>CHEESE PIZZA ^<br>Country Blend Vegetables<br>Orange Juice<br>Mixed Fruit Cup<br>BBQ Sauce<br>Ketchup<br>Cheddar Sun Chips ^<br>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.

[www.preferredmeals.com](http://www.preferredmeals.com)