




Kingston Intermediate School
781-585-0472

March 2010

Kingston Elementary School
781-585-3821



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Mozzarella Sticks w/ Warm Marinara Sauce Antipasto Salad Celery Sticks w/ Cream Cheese Chilled Fruit/Milk</p>	<p>2 Happy Birthday Dr. Seuss Chicken Sticks Potato Smiles Green Beans ABC Cookies Green Apples/Milk</p>	<p>3 Western Burger w/wo Cheese Golden Onion Rings Warm BBQ Sauce Ruffled Cape Cod Chips Chilled Fruit/Milk</p>	<p>4 Hot Dogs on a Roll Oven Potato Puffs Veggie Tray w/ Dip Jell-o w/ Whip Topping Chilled Fruit/Milk</p>	<p>5 Cheese Stuffed Pizza Crust Cucumber Slices w/Ranch Dip Ruffled Cape Cod Chips Chilled Fruit/Milk</p>
<p>8 Make Your Own Twin Tacos Shredded Lettuce Cheddar Cheese Mexican Rice ~ Corn Bread Chilled Fruit/Milk</p>	<p>9 American Chop Suey Garlic Toast Cucumber Wheels Cheese Cubes Chilled Fruit/Milk</p>	<p>10 Teriyaki Dippers w/Dipping Sauce Whipped Sweet Potatoes Sweet Corn Warm Roll Chilled Fruit/Milk</p>	<p>11 Wraps Caesar Salad or Turkey Cup of Soup Dill Pickles Gold Fish Crackers Chilled Fruit/Milk</p>	<p>12 Bagel Pizza Tomato Soup Celery Sticks w/ Dip Cheese Cubes Baked Corn Chips Chilled Fruit/Milk</p>
<p>15 Pasta Bar w/ Sauce Choices Meatballs Parmesan Cheese Garden Salad ~ Garlic Toast Chilled Fruit/Milk</p>	<p>16 Soup & Sandwich Day! Bagel w/Ham, Egg and Cheese or Toasted Cheese Chicken Noodle Soup Chilled Fruit/Milk</p>	<p>17 K-6 Early Release 12:45pm  Shamrock Shaped Chicken Nuggets Whipped Green Potatoes Sweet Baby Peas Green Jell-o w/ Whip Topping Sugar Cookie ~ Chilled Fruit/Milk</p>	<p>18 French Toast w/Warm Syrup or Assorted Cereal Sausage Links ~Cheese Cubes Warm Cinnamon Apples 100% OJ Juice/ Milk</p>	<p>19 Pizza Cheese or Pepperoni Carrot and Celery Sticks w/ Ranch Dip Gold Fish Crackers Chilled Fruit/Milk</p>
<p>22 <u>Mashed Potato Bowl</u> Popcorn Chicken Oven Mashed Potatoes Golden Corn ~ Gravy Dinner Roll Chilled Fruit/Milk</p>	<p>23 Ham & Cheese Melt on English Muffin Hash Brown Patty Trix Yogurt Chilled Fruit/Milk</p>	<p>24 Hot Dog Side of Home Made Baked Macaroni & Cheese Seasoned Green Beans Chilled Fruit/Milk</p>	<p>25 Shaved Steak w/wo Cheese or Tuna Salad Roll Baked Chips Rainbow Pepper Sticks Mini Cookies Chilled Fruit/Milk</p>	<p>26 Sal's Fresh Cheese Pizza Light Italian Dressing Cheese Cubes Gold Fish Crackers Chilled Fruit/Milk</p>
<p>29 Crispy Chicken Patty On a Roll Rainbow Pasta Salad Baby Carrots w/ Ranch Dip Chilled Fruit/Milk</p>	<p>30 Breakfast for Lunch Assorted Cereal Sausage Patty Baked Cinnamon Apples 100% Frozen Juice Bar Chilled Fruit/Milk</p>	<p>31 Cheese Bread Sticks Chicken Noodle Soup Saltine Crackers Raisins Chilled Fruit/Milk</p>	<p>All lunches \$2.00 Lunch includes choice of entree, milk, veggie, fruit Ala carte Milk \$.50 KES Milk \$.75 KIS Ice cream, baked chips, water</p>	<p>Diane M. Nichols 781-582-3555 x3256 dnichols@slrsd.org</p>