

Menu Subject to Availability




1% or Skim milk served with each meal

Milk = \$.20 / Juice = \$.30

January 2019

CENTER FOR SPECTRUM SERVICES

KINGSTON Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <p>Happy New Year!</p>	2 Pasta & meat sauce, bread, green beans,	3 Grilled cheese, chips, salad fruit, milk	4 Multigrain pizza, salad, pepper strips, fruit, milk	5
	7 Fish Sticks, salad, baked beans, pepper strips, milk	8 Turkey / cheese sandwiches, chips, salad, pepper strips, milk	9 Chicken Quesadilla, rice, green beans, fruit, milk	10 Cheese Ravioli, bread, salad, carrots, fruit, milk	11 Chicken patty, salad, corn, fruit, milk	12
13	14 Beef & macaroni, bread, sliced carrots, salad, milk	15 Chicken burrito, rice, baked beans, fruit, milk	16 Taco salad, chips, rice corn, fruit, milk	17 Baked stuffed shells, bread, salad, carrots, milk	18 Multigrain pizza, salad, pepper strips, fruit, milk	19
20	21 	22 Sloppy Joe on a bun, corn, salad, fruit, milk	23 Hamburger on a roll, fries, salad, fruit, milk	24 Baked ziti, bread, green beans, salad, milk	25 Chicken nuggets, fries, salad, pepper strips, milk	26 
27	28 Pasta & meat sauce, bread, green beans, salad, milk	29 Grilled cheese, Chips, salad, fruit, milk	30 <i>Early Dismissal 11:30</i> <i>No Lunch Served</i>	31 Fish Sticks, salad baked beans, pepper strips, milk		