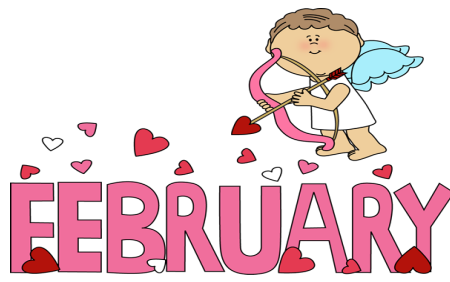


Menu Subject to Availability

1% or Skim milk served with each meal



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



2020

CENTER FOR SPECTRUM SERVICES

KINGSTON Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Sloppy Joe on a bun corn, salad, fruit, milk.	4 Fish sticks, beans, salad, carrots, fruit, milk	5 Baked stuffed shells, bread, salad, fruit, milk	6 BBQ Chicken wrap, rice, salad greens, fruit, milk	7 Multigrain pizza, salad, pepper strips, fruit, milk	8
9	10 Fish on a bun, beans, salad, carrots, fruit, milk	11 Baked Ziti, bread, corn, salad, fruit, milk	12 Taco salad, chips, rice, salad, fruit, milk	13 Turkey & cheese sandwich, chips, salad, pepper strips, milk	14  Chicken patty, salad, fruit, peppers, fruit, milk	15 
	17 School Closed in observance of President's Day	18 Beef burrito, rice baked beans, fruit, milk	19 Grilled cheese sandwich, green beans, salad, chips, fruit, milk	20 Pasta & meat sauce, bread, green beans, salad, fruit, milk	21 Multigrain pizza, salad, pepper strips, fruit, milk	
23	24 Macaroni & cheese, salad, carrots, fruit, milk	25 Cheese Ravioli, bread, salad, carrots, fruit, milk	26 Hamburger on a roll, fries, corn, salad, fruit, milk	27 Chicken burrito, rice, baked beans, salad, fruit, milk	28 Chicken nuggets, French fries, salad, pepper strips, fruit, milk	