



# Kingsford Middle School September 2022 Menu



**\*Salad bar and fruit bar are back again this year\***

Each day students will have 3 choices:

pizza, a sandwich (hamburger, turkey sub/veggie Sub or 3 meat sub), and a rotating choice-listed below

Thursday 1			Friday 2	
			French Bread Pizza	
			Mixed Veggies	
			Applesauce	
			Fruit/Salad Bar	<b>No School - Labor Day</b>
			Milk	<b>Weekend</b>

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
	Rotini w/ Meat Sauce	Meatball Subs	Philly Steak & Cheese	Fish & Chips
	Steamed Peas	Baked Beans	Green Beans	Normandy Vegetables
	Chilled Peach Slices	Fresh Apples	Pineapple	Watermelon
<b>No School - Labor Day</b>	Garlic Bread	Fruit/Salad Bar	Fruit/Salad Bar	Fruit Bar/Salad Bar
	Fruit Bar/Salad Bar	Milk	Milk	Milk
	Milk			

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Taquito	Chicken Alfredo	Bacon Cheeseburger	Toasted Spicy Sub	Pepperoni or Ham &
Refried Beans	Key West Veggies	Potato Spirals	Steamed Broccoli	Cheese Calzone
Peaches	Dinner Rolls	Brussel Sprouts	Banana's	Steamed Peas
Fruit/Salad Bar	Mandarin Oranges	Applesauce	Fruit/Salad Bar	Mixed Fruit
Milk	Fruit/Salad Bar	Fruit/Salad Bar	Milk	Fruit/Salad Bar
	Milk	Milk		Milk

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
Chicken Quessidilla	Cheesy Garlic Squares	Chicken Patty Sandwiches	Hot Dogs	Pizza Party
Cowboy Salsa	Marinara Sauce	Green Beans	French Fries	Steamed Broccoli
Nacho Pieces	Normandy Blend Veggie	Strawberry Cup	Baked Beans	Pineapple
Applesauce	Peaches	Fruit Bar/Salad Bar	Fresh Pears	Fruit Bar/Salad Bar
Fruit Bar/Salad Bar	Fruit Bar/Salad Bar	Milk	Fruit Bar/Salad Bar	Milk
Milk	Milk		Milk	

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday, October 1
Soft Shell Taco	Turkey Bacon Croissant	Grilled Chicken Sandwich	Flivver Bowl	Might Ribs
Refried Beans	Buttered Carrots	Winter Blend Veggies	(Popcorn Chicken, Mash	Riviera Blend Veggies
Peaches	Pears	Fresh Grapes	Potatoes, Gravy & Corn)	Cranberries
Fruit Bar/Salad Bar	Fruit Bar/Salad Bar	Fruit Bar/Salad Bar	Mandarin Oranges	Fruit Bar/Salad Bar
Milk	Milk	Milk	Fruit Bar/Salad Bar	Milk
			Milk	

\*\*Food service is having a hard time getting food so the menu can change without notice\*\*

### SCHOOL MEALS INFORMATION