



Kingsford Middle School November 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 or 3 meat sub), and a rotating choice-listed below

| | Tuesday 1 | Wednesday 2 | Thursday 3 | Friday 4 |
|--------------------------|-------------|-----------------------|------------------|--------------------|
| Grilled Chicken Sandwich | Taquito's | Garlic Cheesy Bread | | French Bread Pizza |
| Steamed Carrots | Baked Beans | Marinara Sauce | | Steamed Broccoli |
| Apple Slices | Peaches | Riviera Blend Veggies | | Chilled Pears |
| Fruit Bar | Fruit Bar | Tropical Fruit | No Lunch 1/2 Day | Fruit Bar |
| Salad Bar | Salad Bar | Fruit Bar | | Salad Bar |
| Milk | Milk | Salad Bar | | Milk |
| | | Milk | | |
| | | | | |

| Monday 7 | Tuesday 8 | Wednesday 9 | Thursday 10 | Friday 11 |
|-------------------------|---------------|--------------------------|----------------------|------------------|
| Philly Steak and Cheese | Taco's | Chicken Legs & Spaghetti | Mighty Ribs | Beefy Nacho's |
| Green Beans | Refried Beans | Buttered Corn | Keywest Blend Veggie | Baked Beans |
| Strawberry Cups | Applesauce | Fruit Cocktail | Pineapple | Mandarin Oranges |
| Fruit Bar | Fruit Bar | Fruit Bar | Fruit Bar | Fruit Bar |
| Salad Bar | Salad Bar | Salad Bar | Salad Bar | Salad Bar |
| Milk | Milk | Milk | Milk | Milk |
| | | | | |
| | | | | |

| Monday 14 | Tuesday 15 | Wednesday 16 | Thursday 17 | Friday 18 |
|------------------------|------------------|------------------------|------------------|-----------------|
| Meatball Subs | | Corn Dogs | Flivver Wrap | Mac & Cheese |
| Winter Blend Veggies | | Buttered Noodles | Steamed Broccoli | Hot Dog |
| Apples/cinnamon, sugar | | Brussel Sprout | Pears | Baked Beans |
| Fruit Bar | NO SCHOOL | Strawberry/Mango Slush | Fruit Bar | Chilled Peaches |
| Salad Bar | | Fruit Bar | Salad Bar | Fruit Bar |
| Milk | | Salad Bar | Milk | Salad Bar |
| | | Milk | | Milk |
| | | | | |

| Monday 21 | Tuesday 22 | Wednesday 23 | Thursday 24 | Friday 25 |
|---------------------|--------------|--------------------------|---------------------|------------------|
| Grilled Cheese | Flivver Bowl | | | |
| Chicken Noodle Soup | Applesauce | | | |
| Carrots | Salad Bar | | | |
| Grapes | Fruit Bar | 1/2 Day of School | Thanksgiving | No School |
| Fruit Bar | Salad Bar | | | |
| Salad Bar | Milk | | | |
| Milk | | | | |
| | | | | |

| Monday 28 | Tuesday 29 | Wednesday 30 | | |
|----------------------|------------------------|-------------------------|--|--|
| Bosco Sticks | Chicken Parma Sandwich | Turkey Bacon Crouissant | | |
| Marinara Sauce | Buttered Corn | Green Beans | | |
| Riviera Blend Veggie | Pears | Cranberries | | |
| Tropical Fruit | Fruit Bar | Fruit Bar | | |
| Fruit Bar | Salad Bar | Salad Bar | | |
| Salad Bar | Milk | Milk | | |
| Milk | | | | |
| | | | | |

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

SCHOOL MEALS INFORMATION

Student Breakfast and Lunch:

Your first meal will be free. If you want a second meal, you must have money on your account as you will be charged for it.