



# KINGS LOCAL SCHOOL DISTRICT COLUMBIA INTERMEDIATE SCHOOL BREAKFAST MENU



2016 - 2017

Breakfast Menu # 1				
<b>Monday</b> Fruit Cocktail Apple Juice WG Cold Cereal Blueberry WG Muffin Milk	<b>Tuesday</b> Diced Peaches Orange Juice Mini French Toast Bites, Maple Syrup Milk	<b>Wednesday</b> Pineapple Tidits Grape Juice WG Cold Cereal Whole Grain Poptart Milk	<b>Thursday</b> Orange Wedges Fruit Punch Juice Warm Pillsbury Cinnamon Bites Milk	<b>Friday</b> Chilled Applesauce Apple Juice WG Cold Cereal Elf Graham Crackers Milk
Breakfast Menu # 2				
<b>Monday</b> Diced Pears Orange Juice WG Cold Cereal CoCoa Cherry Bar Milk	<b>Tuesday</b> Tropical Fruit Grape Juice Mini Waffle Bites served with Syrup Milk	<b>Wednesday</b> Fresh Melon Fruit Punch Juice WG Cold Cereal Lil Graham Squares Milk	<b>Thursday</b> Mandarin Oranges Apple Juice Pillsbury Frudel (Cherry or Apple) Milk	<b>Friday</b> Fresh Banana Orange Juice WG Cold Cereal Sport Powdered Donut Milk
Breakfast Menu # 3				
<b>Monday</b> Chilled Applesauce Grape Juice WG Cold Cereal Giant Goldfish Graham Milk	<b>Tuesday</b> Orange Wedges Fruit Punch Juice Mini Maple Pancakes served with Syrup Milk	<b>Wednesday</b> Pineapple Tidits Apple Juice WG Cold Cereal Cherry Crunch Bar Milk	<b>Thursday</b> Diced Peaches Orange Juice Pillsbury Mini Bagel filled w/ crm cheese Milk	<b>Friday</b> Fruit Cocktail Grape Juice WG Cold Cereal Blueberry WG Muffin Milk
Breakfast Menu # 4				
<b>Monday</b> Mandarin Oranges Fruit Punch Juice WG Cold Cereal Whole Grain Poptart Milk	<b>Tuesday</b> Fresh Melon Apple Juice Warm Pillsbury Cinnamon Bites Milk	<b>Wednesday</b> Diced Pears Orange Juice WG Cold Cereal Graham Gripz Crackers Milk	<b>Thursday</b> Tropical Fruit Grape Juice Mini Waffle Bites served with Syrup Milk	<b>Friday</b> Fresh Banana Fruit Punch Juice WG Cold Cereal Cherry Crunch Bar Milk
Breakfast Menu # 5				
<b>Monday</b> Pineapple Tidits Apple Juice WG Cold Cereal Lil Graham Squares Milk	<b>Tuesday</b> Fruit Cocktail Orange Juice Warm Cinnamon Ultra Whole Grain Bun Milk	<b>Wednesday</b> Orange Wedges Grape Juice WG Cold Cereal Sport Powdered Donut Milk	<b>Thursday</b> Diced Peaches Fruit Punch Juice Mini Maple Pancakes served with Syrup Milk	<b>Friday</b> Chilled Applesauce Apple Juice WG Cold Cereal Whole Grain Poptart Milk

## SHAPING YOUR FUTURE



The Breakfast menu consists of a 5 week rotation cycle. Please reference the yearly calendar below. Each week is highlighted to a corresponding color to that specific week in the calendar.

Breakfast Meal Price:  
(includes milk)  
\$1.25  
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Reduced Price Meal  
\$.30

Free and Reduced Meal Applications are available on the Kings Local website or a copy can be obtained at your child's school. Students who received the program last school year automatically qualify for the first 30 days of the new school year. All families however need to re-apply for the new school year within the first 30 days of the new school year. Those students that were on the program and do not re-apply will be removed for the program on October 1st, 2016. Meals will be then charged at full price to your child(ren); payment will be required to be paid in full.

Pre-Pay for Meals On-Line  
[www.payforit.net](http://www.payforit.net)

If you have questions or concerns please call Jennifer Arlinghaus R.D., L.D., Food Service Director at 398-8050 ext .10027

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS

AUGUST 2016	SEPTEMBER 2016	OCTOBER 2016	NOVEMBER 2016	DECEMBER 2016	JANUARY 2017	FEBRUARY 2017	MARCH 2017	APRIL 2017	MAY 2017
M T W T F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31	M T W T F 1 2 5 6 7 8 9 12 13 14 15 16 17 18 19 20 21 19 20 21 22 23 26 27 28 29 30	M T W T F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31	M T W T F 1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30	M T W T F 1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	M T W T F 2 3 4 5 6 9 10 # 12 13 16 17 # 19 20 23 24 # 26 27 30 31	M T W T F 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28	M T W T F 1 2 3 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31	M T W T F 3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28	M T W T F 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31