

# Kings Junior High School and Kings High School Breakfast Menu 2017– 2018

## **Specials of the Day!!**

*(Choose 1 Daily Special)*

**Monday:** Breakfast Pizza

**Tuesday:** French Toast Sticks  
with maple syrup

**Wednesday:** Warm Cinnamon Roll

**Thursday:** Bob Evans Sausage Biscuit

**Friday:** Pancake on a Stick  
with maple syrup



OR

## **Grab-N-Go**

*(Choose 2)*

Whole Grain Pop-Tart  
Whole Grain Muffin  
Fruited Yogurt  
Assorted Cold Cereal  
Cereal Bar  
Nutri grain Bar  
Bagel with Cream Cheese  
Mini Donuts  
Super Donut



## Knights Need Breakfast Too!!!!

Breakfast Meal:  
(includes milk)  
\$1.50

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Reduced Price Meal:  
\$.30

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

## **Breakfast Meal**

1— Special of the Day  
OR  
2 Grab-N-Go ,  
plus Fruit Choice  
and 8 oz Milk

## **Fruit Choice**

*(May Choose up to 2)*

Assorted Chilled Fruit  
Fresh Fruit  
Apple Juice  
Grape Juice  
Orange Juice



## **Milk Offerings**



Skim White Milk  
1% White  
1% Chocolate  
1% Strawberry

**MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS**

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

The United Department of Agriculture is an equal opportunity provider and employer

To those students that qualify for the Free or Reduced Meal Program only (1) meal can be provided at the free/reduced rate. Additional meals will be charged at full price.