

NOVEMBER 2020

Kingston Middle, Poulsbo Middle, Pearson,
 Suquamish and Vinland
 11:15-12:30 M-F

MONDAY

2
Breakfast:
 Buttermilk Bar, Juice and 1% White Milk
Lunch:
 Pizza
 PBJamwich w/ string cheese
 Yogurt w/pretzel & string cheese

9
Breakfast:
 Cereal, Juice and 1% White Milk
Lunch:
 Pizza
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

16
Breakfast:
 Buttermilk Bar, Juice and 1% White Milk
Lunch:
 Pizza
 PBJamwich w/ string cheese
 Yogurt w/pretzel & string cheese

23
Breakfast:
 Cereal, Juice and 1% White Milk
Lunch:
 Pizza
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

30
Breakfast:
 Buttermilk Bar, Juice and 1% White Milk
Lunch:
 Pizza
 PBJamwich w/ string cheese
 Yogurt w/pretzel & string cheese

TUESDAY

3
Breakfast:
 Cereal, Mixed Fruit and 1% White Milk
Lunch:
 Chicken Burger
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

10
Breakfast:
 Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
 Nachos
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

17
Breakfast:
 Cereal, Mixed Fruit and 1% White Milk
Lunch:
 Chicken Burger
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

24
Breakfast:
 Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
 Nachos
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

WEDNESDAY

4
Breakfast:
 Chocolate Chip Muffin, Juice and 1% White Milk
Lunch:
 WG Stuffed Cheese Sticks
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese



18
Breakfast:
 Chocolate Chip Muffin, Juice and 1% White Milk
Lunch:
 WG Stuffed Cheese Sticks
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

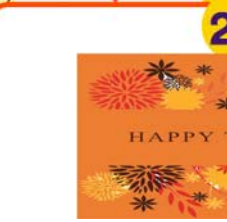
25
Breakfast:
 Cereal / juice and 1% White Milk
Lunch:
 Deli Sandwich
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

THURSDAY

5
Breakfast:
 Cereal, Diced Pears and 1% White Milk
Lunch:
 Teriyaki Chicken & Rice
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

12
Breakfast :
 Bagel & Cream Cheese, Raisins, 1% White Milk
Lunch:
 Orange Chicken & Rice
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

19
Breakfast:
 Cereal, Diced Pears and 1% White Milk
Lunch:
 Teriyaki Chicken & Rice
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese



FRIDAY

6
Breakfast:
 WG Donut Holes, Juice and 1% White Milk
Lunch:
 Hamburger
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

13
Breakfast :
 Breakfast Sandwich, Juice & 1% White Milk
Lunch:
 Hot Dog w/Chips
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

20
Breakfast:
 WG Donut Holes, Juice and 1% White Milk
Lunch:
 Hamburger
 PBJamwich w/ string cheese
 Yogurt w/ pretzel & string cheese

Food Components:

- Fruit
- Vegetables
- Grain
- Dairy
- Protein (meat / meat alternative)



GRAB N' GO MEALS

Each meal sack contains both a complete breakfast and a complete lunch

Breakfast = 1 cup milk, 1/2 cup fruit, 2 oz. grains
 Lunch = 1 cup milk, 3/4 cup fruit & veggies, 2 oz. grains, 2 oz. meat / meat alternative

Prices

The USDA has provided waivers to the National School Lunch and Breakfast Programs during this COVID-19 pandemic; ALL meals are FREE for ALL students between 0-18 years of age.

Even though all meals are FREE we strongly encourage all parents/guardians to submit a Meal Application.

Every Eligible Form Counts!

Filling out the School Meal Application may help provide: Before and After School Academic & Enrichment Programs, Health & Wellness Services, Fee Waivers for College Applications & Admission Tests and Resources for Classrooms, Teachers and Children.

Due to unexpected product availability or delivery problems - We may be forced to make menu changes without any prior notification.

We are NOT a Gluten Free or Allergy Free Facility

For the MOST up to date information regarding distribution times and places, always check the North Kitsap School District website at www.nkschools.org.

"This institution is an equal opportunity provider."

DID YOU KNOW?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.