

January 2021

Distribution Sites: Kingston Middle, Poulsbo Middle, Pearson, Suquamish and Vinland: 11:15-12:30 M-F
***Students attending "in-person" learning will be offered a Grab N' Go Meal as they head home for the day**

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."

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

January was a monumental year for Alaska! As of January 3rd, 1959, Alaska officially became the 49th state of the United States.



Winter Break

1

4
Breakfast:
 Cereal, Juice and 1% White Milk
Lunch:
 Pizza
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

5
Breakfast:
 Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
 Nachos
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

6
Breakfast:
 Cereal / juice and 1% White Milk
Lunch:
 Deli Sandwich
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

7
Breakfast :
 Bagel & Cream Cheese, Raisins, 1% White Milk
Lunch:
 Orange Chicken & Rice
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

8
Breakfast :
 Breakfast Sandwich, Juice & 1% White Milk
Lunch:
 Popcorn Chicken
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

11
Breakfast:
 Buttermilk Bar, Juice and 1% White Milk
Lunch:
 Pizza
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

12
Breakfast:
 Cereal , Mixed Fruit and 1% White Milk
Lunch:
 Chicken Burger
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

13
Breakfast:
 Mini Pancakes, Juice and 1% White Milk
Lunch:
 WG Stuffed Cheese Sticks
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

14
Breakfast:
 Cereal, Diced Pears and 1% White Milk
Lunch:
 Teriyaki Chicken & Rice
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

15
Breakfast:
 WG Donut Holes, Juice and 1% White Milk
Lunch:
 Hamburger
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese



18

19
Breakfast:
 Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
 Nachos
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

20
Breakfast:
 Cereal / juice and 1% White Milk
Lunch:
 Deli Sandwich
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

21
Breakfast :
 Bagel & Cream Cheese, Raisins, 1% White Milk
Lunch:
 Orange Chicken & Rice
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

22
Breakfast :
 Breakfast Sandwich, Juice & 1% White Milk
Lunch:
 Popcorn Chicken
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

25
Breakfast:
 Buttermilk Bar, Juice and 1% White Milk
Lunch:
 Pizza
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

26
Breakfast:
 Cereal , Mixed Fruit and 1% White Milk
Lunch:
 Chicken Burger
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

27
Breakfast:
 Mini Pancakes, Juice and 1% White Milk
Lunch:
 WG Stuffed Cheese Sticks
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

28
Breakfast:
 Cereal, Diced Pears and 1% White Milk
Lunch:
 Teriyaki Chicken & Rice
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

29
Breakfast:
 WG Donut Holes, Juice and 1% White Milk
Lunch:
 Hamburger
 PB&J Uncrustable w/ string cheese
 Yogurt w/ bagel & string cheese

