

# What's on the Menu?

## South Kingstown Elementary Menu December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our Menus Are Subject to Change</p> <p>If You Have Questions Please Call 360-1055</p>	<p><b>The USDA is an Equal Opportunity Employer and Provider</b></p>	<p>1 Chicken Patty on Wheat Bun Roasted Brussel Sprouts Chilled Strawberry Cup</p>	<p>2 Egg and Cheese on English Muffin Oven Baked Tater Tots Sweet Craisins</p>	<p>3 Cheese Filled Breadstick with Dipping Sauce Marinated Cucumber and Tomato Salad Mixed Fruit Cup</p>
<p>Alternative Meals: 2. Sunbutter and Jelly on Wheat Bread with Baby Snack Carrots and Fruit of the Day 3. Breakfast Fun Lunch: Cheerios Cereal, Hard Boiled Egg, Baby Snack Carrots and Fruit of the Day</p>				
<p>6 Beef Nachos Tortilla Chips Queso Sauce Seasoned Black Beans Fresh Apple</p>	<p>7 Creamy Macaroni and Cheese Steamed Broccoli Wheat Dinner Roll Chilled Peach Cup</p>	<p>8 Beef Cheeseburger on Wheat Bun Oven Baked Tater Tots Fresh Orange</p>	<p>9 French Toast Sticks String Cheese Stick Roasted Local Butternut Squash Fresh Banana</p>	<p>10 Cheese Pizza Caesar Salad with Romaine Lettuce Chilled Strawberry Cup</p>
<p>Alternative Meals: 2. Texas Toast Grilled Cheese with Baby Snack Carrots and Fruit of the Day 3. Popcorn Chicken Topped Caesar Salad with Romaine Lettuce and a Dinner Roll with Baby Snack Carrots and Fruit of the Day</p>				
<p>13 Oven Baked Popcorn Chicken with BBQ Sauce Seasoned Sweet Corn Fresh Apple</p>	<p>14 Turkey Hot Dog on Wheat Bun Baked Beans Chilled Fruit Cup</p>	<p>15 Pasta with Meat Sauce Sweet Green Peas Baked Breadstick Fresh Banana</p>	<p>16 Mini Pancakes Roasted Cinnamon Sweet Potatoes String Cheese Stick Chilled Pineapple Cup</p>	<p>17 Cheese Pizza Chilled 3 Bean Salad Fresh Apple Slices</p>
<p>Alternative Meals: 2. Sliced Turkey and Cheese on Wheat Roll with Baby Snack Carrots and Fruit of the Day 3. Strawberry Smoothie, Graham Crackers, String Cheese Stick with Baby Snack Carrots and Fruit of the Day</p>				
<p>20 Cheese Filled Lasagna Marinara Sauce Seasoned Mixed Veggies Raisin Box</p>	<p>21 Oven Baked Chicken Nuggets with BBQ Sauce Chilled Citrus Chickpea Salad Chilled Fruit Cup</p>	<p>22 Cheese Filled Breadsticks Pizza Dipping Sauce Baby Snack Carrots Sweet Craisins</p>	<p><b>ENJOY YOUR HOLIDAY VACATION!</b></p>	
<p>Alternative Meals: 2. Sliced Turkey and Cheese on Wheat Roll with Baby Snack Carrots and Fruit of the Day 3. Strawberry Smoothie, Graham Crackers, String Cheese Stick with Baby Snack Carrots and Fruit of the Day</p>				
			<p><b>Remember... Both Breakfast and Lunch are Free All School Year!</b></p>	



We are proud to feature 3 breakfast items produced in Providence from Farm Fresh RI: Breakfast Rounds, Oatmeal Cups and Whole Grain Muffins!

Breakfast, Served At All Schools, Every Day! Grab n' Go Right to the Classroom

Vegetarian 

Locally Sourced 

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

Apple Cinnamon Breakfast Round   
Strawberry Banana Yogurt with Nut Free Granola  
Overnight Oat Cup, Strawberry or Blueberry   
Whole Wheat English Muffin with Grape Jelly  
Whole Wheat Breakfast Muffin, Cinnamon, Apple and or Blueberry 

Daily Alternate

Assorted Low Sugar Cereal with Graham Crackers