





# Kings Junior High School and Kings High School Breakfast Menu 2020-2021

 **Grab-N-Go**  
*(Choose 2 Only)*

- Whole Grain Muffin
- Assorted Cold Cereal
- Assorted Nutri-grain Bar
- Assorted Cereal Bar
- Whole Grain Popart



**OR**

**Grab-N-Go**  
*(May Choose 1 option)*

- Mini WG Donut
- Pillsbury Cinnamon Mini's
- Blueberry or WG Chocolate Bread
- Whole Grain Glazed Donut

**Fruit Choice**  
*(May Choose up to 2)*

- Assorted Chilled Fruit
- Fresh Fruit
- Assorted Chilled Juice

**Milk Offerings**

- Skim White Milk
- 1% White
- 1% Chocolate





**Knights  
Need Breakfast  
Too !!!**

**MEALS INCLUDE**  
Choose 2 Grab n Go options  
Up to 2 Fruit Choices  
and an 8 oz Milk

U.S.D.A. has passed new  
legislation providing free  
meals to all students through  
May 27th, 2021.  
All Students eat FREE !!

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

Menus Subject to Change Due to Availability of Foods  
This institution is an equal opportunity provider

