







Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

9/23/2019 - 9/27/2019

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
	Margherita Flatbread fresh tomato, basil and mozzarella on toasted flatbread 🌱🌱 Steamed Italian Vegetables	Chicken Nuggets crispy breaded chicken nuggets perfect for dipping in your favorite sauce Sweet Potato Fries Sauteed Vegetable Medley	Beef and Tomato Macaroni Casserole elbow macaroni mixed with cooked beef, tomato sauce, and cheese 🌱 Homemade Garlic Bread	Whole Grain French Toast slices of French toast baked to perfection 🌱 Sausage Patty Organic French Vanilla Yogurt	The Works Hot Dog hot dog on a bun with mustard, sauerkraut, jalapenos, onions and relish 🌱 Baked Beans
	Bean & Veggie Burrito a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream 🌱	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱	Nachos with Cheese creamy cheese layered over a bed of nachos 🌱	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce 🌱	BBQ Chicken Nachos crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage 🌱
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese					
	Barbecue Rib Sandwich warm BBQ rib patty on a bun prepared in-house	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella 🌱🌱	Buffalo Chicken Tenders Buffalo chicken tenders with carrot and celery sticks 🌱	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun 🌱	Fish Patty Melt Sandwich crispy breaded Pollock topped with melted cheese served on a warm roll
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
	White Pizza freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection 🌱	Macho Taco Pizza homemade fiesta style taco meat, tomato sauce, mozzarella and parmesan cheese a top pizza crust brushed with garlic and oil 🌱	Meatball Pizza cheese pizza topped with sliced meatball 🌱	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp 🌱	Hand Crafted Pepperoni Pizza fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp 🌱
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza comes with a					
	Simply Boxed Belgium Waffle Bites freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit 🌱🌱	Fruity Granola Parfait Low fat vanilla yogurt layered with fruit and granola 🌱🌱🌱	American Combo Sandwich freshly made sandwich with thinly sliced turkey, ham and cheese 🌱	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls 🌱	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken and served with dinner roll(s) 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
	Available Daily on Our Salad Bars: Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Nibletts, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.				



This week is brought to
you by the KIS student
leaders of
Forgive & Forget and
NJHS

START WITH HELLO WEEK



WEAR GREEN WEDNESDAY, SEPTEMBER
25TH, FOR OUR
SCHOOL PICTURE!

Picture Day is Coming

Wednesday, September 25, 2019
\ miércoles, 25 de septiembre, 2019

Killingly Intermediate School

Order before Picture Day on mylifetouch.com
with your Picture Day ID:

RI239042Q0

Ya llega el Día de la Foto

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BACK TO SCHOOL BINGO

SEPTEMBER 26, 2019

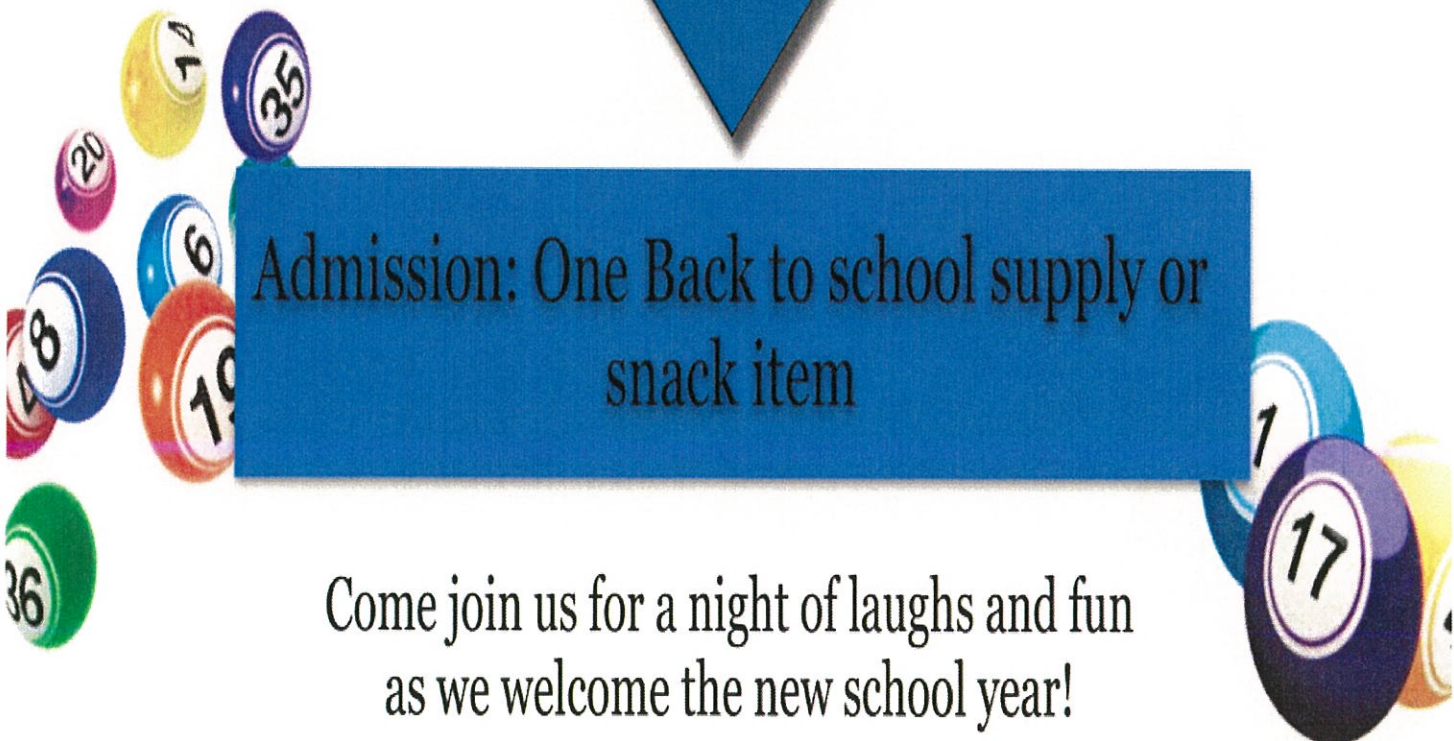
KILLINGLY INTERMEDIATE SCHOOL
CAFETERIA

6:00-7:00
PM

Notebooks
Pens or Pencils
Colored Pencils
Glue Sticks
Scissors

Chips
Crackers
Pretzels
Snack Cakes

Any Snack Item
Will Work



Admission: One Back to school supply or
snack item

Come join us for a night of laughs and fun
as we welcome the new school year!

KIS AD WEEKLY UPDATE

- Results for the week of 16 – 20 Sep:
 - 16 Sep: Girls Soccer HOME v Thompson W: 6-0
 - 17 Sep: Boys Soccer AWAY @ Thompson L: 6-0
 - 19 Sep: Girls Soccer AWAY @ Plainfield L: 2-0
 - 19 Sep: Boys Soccer HOME v Plainfield L: 5-1
 - 19 Sep: Cross Country AWAY @ Thompson – Top Boys runner: Layne O’Leary. First overall
Top Girls Runner Chloe Moniz, 3rd
- Schedule for the week of 23 – 27 Sep:
 - 24 Sep: Girls Soccer AWAY @ Griswold 3:30
 - 24 Sep: Boys Soccer HOME v Griswold 3:30
 - 26 Sep: Girls Soccer HOME v Woodstock 3:30
 - 26 Sep: Boys Soccer AWAY @ Woodstock 3:30
 - 26 Sep: Cross Country AWAY @ Brooklyn 3:45 Walk Through
- Soccer teams practice until 4:30.
- Cross Country practices Monday through Thursday until 4:00.
- Students are expected to take the bus to and from KIS for all *away* athletic events.
Any questions contact the AD.
- Check the KIS Athletic Website to find
 - Schedules of games and meets
 - Directions to games and meets
 - Changes or cancellations
- Athletics are a parent pick-up. Please be on time to pick up your student-athlete.