

USDA Meal Requirements

Breakfast & Lunch



SEPTEMBER 2026

Kingston & Poulsbo Middle Schools



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast: Breakfast Burrito **1**
Lunch:
~ Baked Cheese Sticks w/ Dipping Sauce & Tomato Soup
~ Western Burger
~ Taco Salad



Breakfast: WG Muffin & Yogurt **2**
Lunch:
~ Corn Dog & Tater Tots
~ Rippers
~ Chicken Caesar Salad w/ WG Roll
~ PB & J Lunch

Breakfast: WG Long John **3**
Lunch:
~ Orange Chicken & Rice
~ Specialty Pizza
~ Deli Sandwich w/ Chips
~ Turkey Bacon Wrap



**NO SCHOOL
LABOR DAY
BREAK**

Breakfast: WG Bagel & CC **8**
Lunch:
~ Brunch for Lunch
~ Western Burger
~ Specialty Pizza
~ Taco Salad



Breakfast: WG Muffin & Yogurt **9**
Lunch:
~ Popcorn Chicken & Potato Bowl
~ Pepperoni Ripper
~ Crispy Chicken Salad w/WG Roll
~ Turkey Deli Sandwich w/ Chips

Breakfast: Mini Cinni **10**
Lunch:
~ Teriyaki Chicken & Rice
~ Specialty Pizza
~ Turkey Bacon Wrap
~ Deli Sandwich w/ Chips

Breakfast: Monte Cristo **11**
Lunch:
~ Chicken & Waffles
~ Bacon Cheeseburger
~ French Bread Pizza
~ Yogurt Lunch



Breakfast: WG Bagel & CC **14**
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap



Breakfast: Mini Straw. Bagel **15**
Lunch:
~ Baked Salmon & Rice
~ Western Burger
~ Specialty Pizza
~ Taco Salad

Breakfast: Breakfast Pizza **16**
Lunch:
~ Sloppy Joes & Tater Tots
~ Pepperoni Ripper
~ Chicken Caesar Salad w/ WG Roll
~ PB&J Lunch

Breakfast: Mini Cinni **17**
Lunch:
~ Sweet & Sour Chicken & Rice
~ Specialty Pizza
~ Turkey Bacon Wrap
~ Deli Sandwich w/ Chips



Breakfast: WG Cereal & SC **18**
Lunch:
~ Baked Ziti
~ Bacon Cheeseburger
~ French Bread Pizza
~ Asian Chicken Wrap

Breakfast: WG French Toast **21**
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap

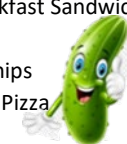
Breakfast: Breakfast Burrito **22**
Lunch:
~ Meatball Sub w/ FF
~ Western Burger
~ Specialty Pizza
~ Taco Salad



Breakfast: WG Waffles **23**
Lunch:
~ Chili Dogs & Tater Tots
~ Pepperoni Ripper
~ Crispy Chicken Salad w/ WG Roll
~ Turkey Deli Sandwich w/ Chips

Breakfast: WG Muffin & Yogurt **24**
Lunch:
~ Orange Chicken & Rice
~ Specialty Pizza
~ Spicy Chicken Sandwich
~ Deli Sandwich w/ Chips

Breakfast: Breakfast Sandwich **25**
Lunch:
~ Baja Fish & Chips
~ French Bread Pizza
~ Yogurt Lunch
~ Turkey Deli Sandwich w/ Chips



Breakfast: WG Long John **28**
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap



Breakfast: WG Muffin & Yogurt **29**
Lunch:
~ Grilled BBQ Chicken Sand. & FF
~ Western Burger
~ Specialty Pizza
~ Taco Salad

Breakfast: Breakfast Pizza **30**
Lunch:
~ Country Fried Steak Sand. & Onion Rings
~ Pepperoni Ripper
~ Chicken Caesar Salad w/ WG Roll



BREAKFAST

4-5 Choices Daily and includes both fruit & milk.
Price: \$3.00 or FREE if eligible.
Payments are made thru: [Skyward Family Access](#)

LUNCH

8-10 Choices Daily and includes milk and unlimited trips to the "Fruit & Veggie Offering Bar"
Price: \$4.25 or FREE if eligible.
Payments are made thru: [Skyward Family Access](#)

This institution is an equal opportunity provider.
Food & Nutrition Services: (360) 396-3279