



OCTOBER 2026

Kingston & Poulsbo Middle Schools



USDA Meal Requirements
Breakfast & Lunch

Monday



5
Breakfast: WG French Toast
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap



Tuesday



6
Breakfast: WG Bagel & CC
Lunch:
~ Popcorn Chicken & Potato Bowl
~ Western Burger
~ Specialty Pizza
~ Taco Salad



Wednesday



7
Breakfast: WG Muffin & Yogurt
Lunch:
~ Mac & Cheese w/ WG Roll
~ Pepperoni Ripper
~ Chicken Caesar Salad w/ WG Roll
~ Turkey Deli Sandwich w/ Chips

1
Breakfast: WG Long John
Lunch:
~ Orange Chicken & Rice
~ Specialty Pizza
~ Deli Sandwich w/ Chips
~ Turkey Bacon Wrap



Thursday

8
Breakfast: Mini Cinni
Lunch:
~ Teriyaki Chicken & Rice
~ Specialty Pizza
~ Turkey Bacon Wrap
~ Deli Sandwich w/ Chips



Friday

2
Breakfast: Monte Cristo
Lunch:
~ Chicken & Waffles
~ Bacon Cheeseburger
~ French Bread Pizza
~ PB&J Lunch



9
Breakfast: Breakfast Sandwich
Lunch:
~ Chili & Cornbread
~ Bacon Cheeseburger
~ French Bread Pizza
~ Yogurt Lunch



13
Breakfast: Breakfast Burrito
Lunch:
~ Baked Ziti w/ WG Roll
~ Western Burger
~ Specialty Pizza
~ Taco Salad



14
Breakfast: WG Waffles
Lunch:
~ Baked Cheese Stix & Tomato Soup
~ Pepperoni Ripper
~ Crispy Chicken Salad w/ WG Roll
~ Turkey Deli Sandwich w/ Chips



15
Breakfast: WG Waffle & Yogurt
Lunch:
~ Baked Salmon & Rice w/ Broccoli
~ Spicy Chicken Sandwich
~ Specialty Pizza
~ Deli Sandwich w/ Chips



16
Breakfast: WG Bagel & CC
Lunch:
~ Brunch for Lunch
~ Bacon Cheeseburger
~ French Bread Pizza
~ Yogurt Lunch



19
Breakfast: WG Long John
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap



20
Breakfast: Mini Straw Bagel
Lunch:
~ Meatball Sub w/ FF
~ Western Burger
~ Specialty Pizza
~ Taco Salad

21
Breakfast: Chicken & Biscuit
Lunch:
~ Baja Fish & Chips
~ Ripper
~ PB&J Lunch
~ Turkey Deli Sandwich w/ Chips



22
Breakfast: Mini Cinni
Lunch:
~ Sweet & Sour Chicken & Rice
~ Specialty Pizza
~ Turkey Bacon Wrap
~ Deli Sandwich w/ Chips

23
Breakfast: WG Cereal & SC
Lunch:
~ Drumstick, Mashed Potatoes & WG Roll
~ French Bread Pizza
~ Asian Chicken Wrap

26
Breakfast: WG French Toast
Lunch:
~ Super Nachos
~ Bacon Cheeseburger
~ French Bread Pizza
~ Chicken Caesar Wrap



27
Breakfast: WG Muffin & Yogurt
Lunch:
~ Pasta & Meat Sauce w/ WG Roll
~ Western Burger
~ Specialty Pizza
~ Taco Salad

28
Breakfast: Breakfast Pizza
Lunch:
~ Mini Corndogs & Tater Tots
~ Pepperoni Ripper
~ Crispy Chicken Salad w/ WG Roll
~ Spicy Chicken Sandwich

29
Breakfast: WG Long John
½ Day
Parent / Teacher Conferences
Breakfast Only
Grades 6-12

30
Breakfast: Breakfast Sandwich
½ Day
Parent / Teacher Conferences
Breakfast Only
Grades 6-12

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