



















Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

11/16/2020 - 11/20/2020

	Monday	Tuesday	Wednesday	Thursday	Friday
	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Fluffy Mashed Potatoes Sweet Corn Corn Bread Stuffing	Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i>  Oven Baked Fries Broccoli Bites Ranch Dressing Mixed Berry Cup	<div>Curbside Pick Up KHS Student Lot</div> <div>10:30am to 11:30am</div> <div>Check for Menu Details on Killingly Public Schools Website</div>	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Fluffy Mashed Potatoes Sweet Corn Corn Bread Stuffing	Smokehouse Pulled Pork Sandwich <i>smokehouse pulled pork on a roll with cole slaw</i>  Oven Baked Fries Broccoli Bites Ranch Dressing Mixed Berry Cup
	American Combo Sandwich <i>freshly made sandwich with thinly sliced turkey, ham and cheese</i> 	Santa Fe Wrap <i>wrap with grilled chicken, hot peppers, sauteed onions, corn, and salsa</i>  Ranch Dressing		American Combo Sandwich <i>freshly made sandwich with thinly sliced turkey, ham and cheese</i> 	Santa Fe Wrap <i>wrap with grilled chicken, hot peppers, sauteed onions, corn, and salsa</i>  Cucumber Coins Ranch Dressing
	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>  Spicy Black Bean Salad Salsa	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>  Spicy Black Bean Salad Salsa		Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>  Spicy Black Bean Salad Salsa	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i>  Spicy Black Bean Salad Salsa
	Chicken Salad Platter with Dinner Rolls <i>fresh chicken salad on a bed of lettuce with cucumbers, carrots, tomatoes and cheese</i>  Red Pepper Strips	Southwest Chicken Salad <i>chunky chicken salad with a southwest flavor</i>  Red Pepper Strips		Chicken Salad Platter with Dinner Rolls <i>fresh chicken salad on a bed of lettuce with cucumbers, carrots, tomatoes and cheese</i>  Red Pepper Strips	Southwest Chicken Salad <i>chunky chicken salad with a southwest flavor</i>  Red Pepper Strips

Please contact the school nurse with any allergy concerns.
The kitchen manager can be reached at 860 779 6735 or vkozlowski@killinglyschools.org

No. Really. Take the Meals.

Reasons why you should take advantage of the free school meals being offered:

- It extends your food budget & saves you time and prepping lunches
 - It's comforting & familiar to your kids to have food from school
 - It's confidential & not just for low-income families, all Killingly students are welcome
 - You're helping the local food service program stay financially afloat
 - You're helping the food program use up food inventory = less waste
- USDA is covering the cost for these meals during COVID-19
You're not taking it away from someone else who needs it more



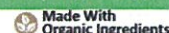
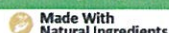
SIMPLY ROOTED

in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1% fat free or flavored milk & a grain.

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.



Contact Free Fundraising

REGISTER USING OUR APP OR VISIT

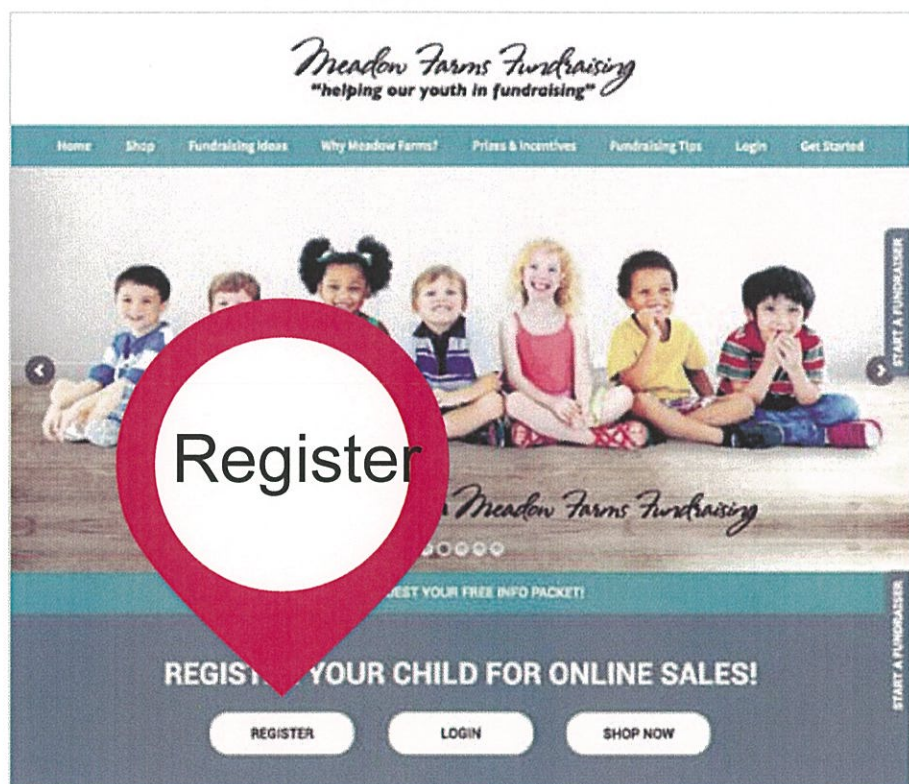
www.meadowfarms.com

SCHOOL NAME:

**Killingly
Intermediate School**

SALE DATES:

11/6/20-11/27/20



Step 1:

Visit meadowfarms.com

CLICK REGISTER

Step 2:

Enter **School ID**

MF1030665

Step 3:

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COVID PROTOCOLS

This is a friendly reminder for parents to monitor your child's health daily. We are coming upon flu season and monitoring symptoms is key to keeping our community healthy and safe. If any symptoms listed below are present, please keep your child home and notify the school nurse, Susan Spagnuolo, at 860-779-6725.

Symptoms may appear 2-14 days after exposure to COVID 19.

SYMPTOMS CAN INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body ache
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child has had contact with a person who has COVID-19, keep your child home and notify the school nurse.

WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- You were sneezed or coughed upon, or somehow got respiratory droplets on you

Susan Spagnuolo, RN