

# Killingly Intermediate Middle School

Welcome to our  
Lunch Cafe

3/9/2020 - 3/13/2020

**MEATLESS MONDAY**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>World MARKET</b>	Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🌱 Chickpea Marinara 🌱 Steamed Broccoli 🌱	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i> 🌱 Roasted Vegetables 🌱	<b>BAKED PASTA</b> <i>traditional cheesy lasagna, rolled up and topped with tomato sauce</i> Homemade Garlic Bread Balsamic Glazed Vegetable Salad	General Tso's Chicken Rice Bowl <i>General Tso's chicken bowl with brown rice, broccoli, and scallions</i> 🌱 Sautéed Bok Choy 🌱	Homemade Salami Ham & Cheese Stromboli <i>ham, salami and melted cheese wrapped in a pizza dough</i> 🌱 Steamed Italian Vegetables 🌱
<b>Coyote GRILL</b>	Bean & Veggie Burrito <i>a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour cream</i> 🌱	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> 🌱	Nachos with Cheese <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱	Chicken Fajita Wrap <i>freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese</i> 🌱	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌱
Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried					
<b>Miss RUBY'S GRILL</b>	Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> 🌱	Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i>	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce &amp; tomato prepared in-house</i> 🌱	Whole Grain Fish Sticks Oven Baked Fries
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
<b>La CUCINA</b>	Spinach Bianco Pizza <i>fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection</i> 🌱	Sausage Pizza <i>traditional pizza slice topped with sausage</i> 🌱	Crispy Bacon Pizza <i>pizza dough topped with tomato sauce, cheese and crispy bacon</i> 🌱	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i> 🌱	Hand Crafted Pepperoni Pizza <i>fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp</i> 🌱
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza					
<b>Fruit EXPRESS</b>	Romeo Sandwich <i>salami, ham and fresh mozzarella with lettuce and tomato</i> 🌱	Fruity Granola Parfait <i>Low fat vanilla yogurt layered with fruit and granola</i> 🌱	Simply Boxed Meat and Cheese Protein Pack <i>freshly made meal with diced meat and cheese, fruit medley and crisp bread</i> 🌱	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> 🌱	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
<b>Healthy HARVEST</b>	<b>Available Daily on Our Salad Bars:</b> 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.				

WHITSON'S  
School Nutrition

**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](http://www.whitsons.com).

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.  
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.  
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

\*\*\*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.

Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

# KIS AD WEEKLY UPDATE

- Family ID is open for Baseball, Softball, and Track and Field Registration. Please make sure Sports Physicals are up to date.
  - Spring Sports are:
    - Baseball & Softball for grade 6-8
    - Track and field for grades 5-8
  - Baseball and Softball tryouts and Track will begin on 18 March 2020
  - **KIS IS LOOKING FOR AN ASSISTANT TRACK COACH. If you are interested please contact the KIS AD!**
  - Unified Sports Schedule:
    - Thursday 20 Feb @ STEAM Middle School (Norwich) Tie 58-58
    - Tuesday, 25 Feb: Home v New London Cancelled
    - Thursday, 27 Feb: Home v Preston Won 75-74
    - Tuesday 3 March: @ Clark Lane (Waterford) L: 75-74
    - Thursday 5 March: Home v Clark Lane (Waterford)
    - Tuesday 10 March Glastonbury Tournament @ Smith Middle School (3:30-5:30) in Glastonbury
    - Thursday 12 March @ Preston Middle School.
  - Students are expected to take the bus to and from KIS for all *away* athletic events.
- Any questions contact the Athletic Director (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.**



# *K.I.S.*

*PRESENTS*

## *CHOCOLATE*

# BINGO

*Thursday, March 26th*  
*6-7 pm*

*K.I.S. Cafeteria*

Admission is a store bought Chocolate item:  
Full Size Candy Bar, Boxed Items, Brownie  
Mix, Bag of Chocolate

\*No homemade items please. We want to be sensitive to food allergies  
and be able to guarantee ingredient lists!



Dear Parents, Friends & Family!

It's fundraising time again! Seller packets going home next week - **make sure to check those backpacks next week!**

**Please note:**

- 1) Make checks payable to: KIS PTO  
(Please don't send cash-we can not be responsible for lost cash)
- 2) There is NO sales tax
- 3) There is \$1 per item for shipping and handling

***Note: You can order online – you will be charged tax & shipping, however, it will ship directly to the home (great for out of state family/friends)!***

**[WWW.BOONSUPPLY.COM](http://WWW.BOONSUPPLY.COM)** FUNDRAISER ID#298817



Back By  
Popular  
Demand

Orders due  
by Friday  
March 27<sup>th</sup>

(delivery before  
Mother's Day)

**We earn 40% of sales!  
Profits go back to the  
school to benefit  
students!**

***Every year the PTO gives  
\$4,000-\$6,000 to the school!***

# KIS 2020 FULL COLOR HARD COVER YEARBOOK



## CLASS OF 2020 8<sup>TH</sup> GRADE PARENTS/GUARDIANS

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Time flies by . . . . and deadlines pass.

Please email me or send in your child's baby photo  
for the 8th grade baby picture photo section.

(there is **no charge**). photos will be returned

Also, don't forget about those parent ads.

email [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)

to reserve a spot.

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**Yearbook Questions?**

Contact Mrs. Vasbinder: [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)



# CLASS OF 2020

**8<sup>TH</sup> GRADERS**

Send in your baby picture for the

... 2020 KIS Yearbook  
"baby picture" photo section

**NO CHARGE** for this section!

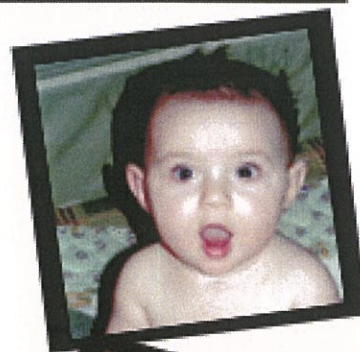
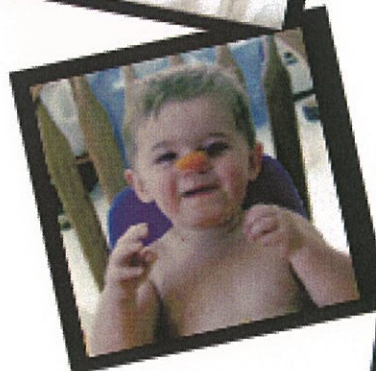
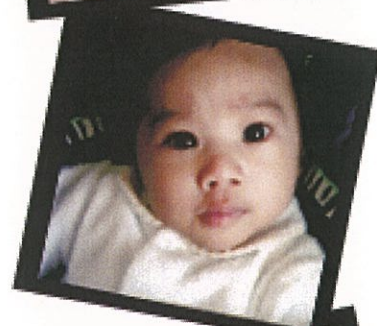
Pictures must be submitted by March 31<sup>st</sup>, 2020.

drop off in the front office

or

email your photo to: [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)

(please print your name & homeroom on the back of your pic for return)



# 2020 KIS YEARBOOK STUDENT ADS

## 8th grade Parents/Guardians

"Personalize" the yearbook in a very special way with a Congratulatory Ad!  
This is your chance to put your thoughts, well wishes and feelings into words & pictures to let your graduating student know just how special they are!

◆ ◆ ◆ **March 31st, 2020 deadline** ◆ ◆ ◆

online payment ends 3.31.20

### AD SIZES / PRICES:

FULL COLOR ads are available  
in the following sizes and prices.

1/8 page:	30.00	1 photo
1/4 page:	50.00	up to 3 photos
1/2 page:	85.00	up to 6 photos
Full page:	150.00	up to 10 photos

◆ Send this form in with your student,

◆ Drop it off in the office  
or

◆ Do it ALL by email!

email to: [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)

☐ (Check here if you would like a proof)

Student Name & Homeroom or Teacher (please print)

Purchaser's Name (please print)

Purchaser's Email (please print)

### AD INFORMATION {please check one box below}

Size — ☐ Full Page \$150 ☐ ½ Page \$85 ☐ ¼ Page \$50 ☐ ⅛ Page \$30

Message Copy — Please Print Clearly or Type your message & email or send in with this form.

Photo Instructions — Please put the student's name & homeroom # on photo back (for safe return)  
(refer to ad size box above for number of allowable photos.)

☐ # of photos  
sent in

☐ # of photos  
emailed

**Please make Checks payable to K.I.S.**

### PAY FOR YOUR AD OR ORDER YOUR YEARBOOK ONLINE

YBPay.lifetouch.com, Yearbook ID code: 13213020

QUESTIONS? Contact Mrs. Vasbinder rm#231 [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)



# KIS 2020 FULL COLOR HARD COVER YEARBOOK



Dear Parents and Guardians,

## CAPTURE THE MEMORIES

Now is the time to purchase your student's hard cover, color yearbook. Featured in our yearbook will be your student's portrait, along with activities, sports and special events.

**ORDER NOW**

**\$25.00**

## PUT YOUR NAME ON THE COVER

**\$5.00**

PERSONALIZATION COST- \$5.00 Use the boxes below to personalize your cover.

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Personalization Order Deadline – April 15th, 2020

## TO ORDER YOUR 2020 KIS YEARBOOK

STUDENT NAME (PLEASE PRINT) \_\_\_\_\_

GRADE \_\_\_\_\_

HOMEROOM TEACHER'S NAME \_\_\_\_\_

HOMEROOM NUMBER \_\_\_\_\_

TOTAL YOUR ORDER	
Yearbook	\$25.00
Personalization: ordering deadline April 15th add \$5.00	
TOTAL	

Return this order form with payment to your homeroom teacher or room #231. MAKE CHECKS OUT TO K.I.S.

**Want to shop or pay online instead?**

[YBPay.lifetouch.com](http://YBPay.lifetouch.com)

Yearbook ID code: 13213020

**Questions?**

Contact Mrs. Vasbinder rm#231 [avasbinder@killinglyschools.org](mailto:avasbinder@killinglyschools.org)