KIRA JUNIOR SCHOOL – KITO
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# School Menu

Breakfast, lunch and supper are provided to learners every day. The meals are healthy and nutritious.

| DAY | BREAKFAST | LUNCH | SUPPER |
|---|---|---|---|
| **Monday** | Tea & doughnut + milk & buns | Posho & beans & cabbages | Rice & beans + cabbages |
| **Tuesday** | Tea & buns & doughnut | Posho + rice + peas | Rice & peas |
| **Wednesday** | Tea & doughnut + buns & eggs | Rice + posho + beans + cabbages | Posho / rice + macaroni + beans |
| **Thursday** | Tea & doughnut + buns | Posho + Irish potatoes + peas | Brown rice & peas |
| **Friday** | Tea & doughnuts + buns | Rice & meat / chicken / fish | Brown rice & meat / chicken |
| **Saturday** | Tea & doughnut | Rice & beans | Rice & beans |
| **Sunday** | Tea & eggs + buns | Rice & peas | Matooke + posho & groundnut paste |

All pupils must take breakfast and lunch at school unless a parent writes to the school to exempt a particular meal. Children may not carry money or food to school without special permission. Parents may pack juice; the school provides drinking water.