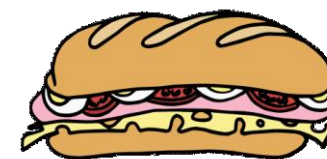


# Kingsport City Middle Schools Lunch Menu Jan-19

Milk choices offered with breakfast and lunch daily: 1% & FF milk (12)/ Chocolate milk (24)/ Strawberry milk (22)  
Assorted Seasonal Fruit (12-22)/Fruit (12-20) / Fruit Juice (13-19)  
Breakfast items served on a rotating basis: Cereal (14-25) / Poptart (37)/Muffin (23-25)/ Cereal Bar (26-29)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
<b>TEACHER IN-SERVICE</b>  No School	<b>Breakfast</b> Sausage Biscuit (26) 100% Fruit Punch/Applesauce(13) <b>Lunch</b> Chick Poppers(17)Sauce(*)Roll (27) Uncrustable Bag (47-52) Sweet Green Peas (11) Smashed Potatoes (22) Baby Carrot Cups(8) Applesauce(13) Slushie (20)	<b>Breakfast</b> Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) <b>Lunch</b> Crispy Chicken Sandwich(45) Snack Bag(47-53) Potato Wedges (19) California Blend Veg(3) Celery/Green Pepper Cup (3) Banana(22)Craisins(28)	<b>Breakfast</b> Maple French Toast Stix (26) AppleJuice/Pears (23) <b>Lunch</b> Chicken Pot Pie (42) Uncrustable Bag (47-52) Corn Niblets(16) Pinto Beans (18) Fresh Vegetable Cup(3) Peach Cup (33) Pears (23)	<b>Breakfast</b> Muffin (23-25), Cereal (14-25) Ojuice/ Mixed Fruit (18) <b>Lunch</b> Spaghetti w/Sauce & Garlic Brd(44) Chicken Ranch Wrap (25) Steamed Broccoli(5) Sweet Potato Fries (25) Baby Carrot Cups(8) Slushie (20)Fruit Gelatin(18)
W2D1	W2D2	W2D3	W2D4	W2D5
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
<b>Breakfast</b> Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) <b>Lunch</b> Big Daddy Pizza (35-36) Snack Bag(47-53) Seasoned Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) Applesauce (13)/Fruit Slushie(20)	<b>Breakfast</b> Chicken (8) Biscuit (27) 100% Fruit Punch/Pineapple (19) <b>Lunch</b> Chicken Nuggets/Sauce/Roll (44) Uncrustable Bag (47-52) Mashed Potatoes (22) Sweet Green Peas (11) Fresh Vegetable Cup(3) MM Fruit Cup(38) Pineapple(19)	<b>Breakfast</b> Warm Fruit Frudal (36) AppleJuice/Banana (22) <b>Lunch</b> GenTso'sNoodleBowl(54)EggRoll Fajita Chicken Wrap (25) Stir Fry Vegetables(3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Peach Cup(30)Craisins(28)	<b>Breakfast</b> Cinnamon French Toast Stix(26) OJuice/Pears (23) <b>Lunch</b> Veg B Soup(14)Toasted Cheese(32) Uncrustable Bag (47-52) California Blend Veg(3) Sweet Potato Fries (25) Garden Vegetable Cup (3) Blush Pears(23)Fruit Slushie(20)	<b>Breakfast</b> Egg & Cheese Biscuit (28) Apple Juice/Peaches (18) <b>Lunch</b> Hot Dog with Chili (33) Snack Bag(47-53) Potato Wedges (19) BBQ Baked Beans(36) Baby Carrot Cups(8) MixedBerryCup(30)Peaches(18)
W3D1	W3D2	W3D3	W3D4	W3D5
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
<b>MLK DAY - No School</b>	<b>Breakfast</b> Egg Biscuit (27) & Gravy(6) 100% Juice Punch/Peaches(18) <b>Lunch</b> Lasagna Roll(35) Garlic Bread (14) Uncrustable Bag (47-52) Glazed Carrots(16) Steamed Broccoli(5) Cucumber/Tomato Cup(3) Fruit Slushie(20) Peaches (18-30)	<b>Breakfast</b> Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22) <b>Lunch</b> Hamburger/Cheeseburger(30) Fajita Chicken Wrap (25) Potato Wedges (19) Homestyle Baked Beans(36) Fresh Vegetable Cup(3) Fruited Gelatin(18)Craisins(28)	<b>Breakfast</b> Glazed Goody Ring (29) OJuice/Pears (23) <b>Lunch</b> Chicken(13) & Waffle (43) Uncrustable Bag (47-52) California Blend Veg(3) Sweet Potato Fries (25) Garden Vegetable Cup (3) Strawberry Cup (33) Pears (23)	<b>Breakfast</b> Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) <b>Lunch</b> CornDog Nuggets(30) Snack Bag(47-53) Cream Style Potatoes(22) Sweet Green Peas (11) Baby Carrot Cups(8) Fruit Slushie (20) Pineapple (19)
W1D1	W1D2	W1D3	W1D4	W1D5
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
<b>Breakfast</b> Cinn. Glzed Pancakes (35) Ojuice/Sliced Peaches (18) <b>Lunch</b> Cheese Sticks(36) & Sauce(6) Snack Bag(47-53) Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18-33)Fruit Slushie(20)	<b>Breakfast</b> Sausage Biscuit (26) 100% Fruit Punch/Applesauce(13) <b>Lunch</b> Chick Poppers(17)Sauce(*)Roll (27) Uncrustable Bag (47-52) Sweet Green Peas (11) Smashed Potatoes (22) Brocoli/Cauliflower Cup(3) Applesauce(13) Mixed Grapes(8)	<b>Breakfast</b> Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) <b>Lunch</b> Crispy Chicken Sandwich(45) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) California Blend Veg(3) Celery/Green Pepper Cup (3) Apple (12)Carmel(19)Craisins(28)	<b>Breakfast</b> Maple French Toast Stix (26) AppleJuice/Pears (23) <b>Lunch</b> Nachos w/ Chili & Cheese (40) Uncrustable Bag (47-52) Corn Niblets(16) Blackbeans and Salsa (15) Fresh Vegetable Cup(3) Peach Cup (33) Pears (23)	<b>Breakfast</b> Muffin (23-25), Yogurt (20) Ojuice/ Mixed Fruit (18) <b>Lunch</b> Spaghetti w/Sauce & Garlic Brd(44) Chicken Ranch Wrap (25) Seasoned Green Beans(5) Sweet Potato Fries (25) Baby Carrot Cups(8) Slushie (20)Fruit Gelatin(18)
W2D1	W2D2	W2D3	W2D4	W2D5

**Build your own Sub Sandwich or Salad**

**Sub Station or Salad Bar**  
**\$2.50 Sub Meal includes:**  
Sub Sandwich (28) with 2 oz meat(s) of choice: (Ham, Turkey, Roast Beef, Pastrami & Cheese) Variety of Veggie Toppings and Condiments Vegetable cup, Fruit and Milk Choice & Bag of Baked Chips

**Salad Bar includes: Meat or Cheese Choice, 2 grain choices, Vegetable toppings & Dressing with Fruit and Milk Choice**

Grab n- Go Breakfast in the Hallway  
7:00 - 7:45 am

**Mon- WG Mini Maple Pancakes (29)**  
**Tues - WG Cini Minis (40)**  
**Wed - WG Pop Tarts (37)**  
**Thurs -WG Mini Doughnuts (41)**  
**Fri - WG Choc. Chip French Toast (35)**

All Breakfast Bags include  
100% Juice - Whole Fruit  
Milk of Choice

**Payments in the**  
**PALM of your Hand**

Via the Smartphone App or MyPaymentsPlus.com

- Check account balances
- Monitor cafeteria purchase history
- Deposit funds and more

**MyPaymentsPlus™**  
K-12 eManagement Solution

( ) Number in parenthesis indicate carbohydrate grams.  
\*Condiment Carbohydrate grams vary from 3 - 12 grams a packet  
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