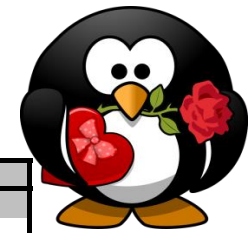




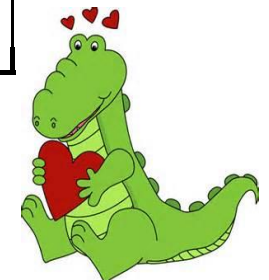
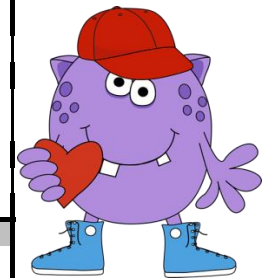
FEBRUARY



Kingsport City Schools Pre-K/ECLC Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Breakfast Blueberry Mini Pancakes (36) Orange Juice (15) 1% White Milk (12) Lunch ChickTenders(13)Sauce(*)Roll(27) Sweet Green Peas (11) Cinnamon Applesauce (13) 1% White Milk (12) W3D1	Breakfast Chicken (9) Biscuit (28) Apple Juice (15) 1% White Milk (12) Lunch Toasted Cheese Sandwich (32) California Blend Veg(3) Strawberry Cup (33) 1% White Milk (12) W3D2	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Seasoned Waffle Fries (19) Fresh Banana (22) 1% White Milk (12) W3D3	Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% White Milk (12) Lunch Wow Sandwich(28)String Chz Potato Wedges(17) Blushing Pears (23) 1% White Milk (12) W3D4	PARENT CONFERENCES No School W3D5
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Breakfast Mini Maple Pancakes (29) Orange Juice (15) 1% White Milk (12) Lunch Toasted Cheese Sandwich (32) Seasoned Green Beans(5) Applesauce (13) 1% White Milk (12) W1D1	Breakfast Sausage Biscuit (26) Apple Juice (15) 1% White Milk (12) Lunch Chic Nuggets (16)Mac&Cheese(21) Little Broccoli Trees (5) Chilled Peaches (18-30) 1% White Milk (12) W1D2	Breakfast Bacon,Egg.&Cheese Pizza(23) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch Hamburger/Cheeseburger(30) Potato Wedges (15) Orange Smiles (14) 1% White Milk (12) W1D3	Breakfast Cereal (6) Apple Juice (15) 1% White Milk (12) Lunch Fish Sticks (20)Hushpuppies(20) Potato Smiles (20) Fruited Gelatin (18) 1% White Milk (12) W1D4	Breakfast Egg & Cheese Croissant (28) Cherry Pineapple Tidbits (19) 1% White Milk (12) Lunch Cheese Sticks(32) & Sauce(6) California Blend Veg(3) Be Mine Cherry Slushie (20) 1% White Milk (12) W1D5
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
Breakfast Cinn. Glazed Pancakes (35) Orange Juice (15) 1% White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll(27) Sweet Green Peas (11) Chilled Peaches (18-30) 1% White Milk (12) W2D1	Breakfast WG Biscuit (28) w/ Jelly (9) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch French Toast Stix(22)&Sausage Baked Apples (12) Tator Tots (15) 1% White Milk (12) W2D2	Breakfast Cereal (6)& Muffin (27-28) Grape Juice (15) 1% White Milk (12) Lunch WMCheese Bites(28)Maranara(6) Broccoli (5) & Cheese (5) Fresh Banana (22) 1% White Milk (12) W2D3	Breakfast Maple French Toast Stix (26) Apple Juice (15) 1% White Milk (12) Lunch Soft Fajjita Chicken Taco(26) Southwestern Beans (23) Fruited Gelatin (18) 1% White Milk (12) W2D4	Breakfast Egg & Cheese Biscuit (28) Orange Juice (15) 1% White Milk (12) Lunch Lasagna Roll(35)Garlic Bread(14) Seasoned Green Beans(5) Fruit Mix (18) 1% White Milk (12) W2D5
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Breakfast Blueberry Mini Pancakes (36) Orange Juice (15) 1% White Milk (12) Lunch ChickTenders(13)Sauce(*)Roll(27) Sweet Green Peas (11) Cinnamon Applesauce (13) 1% White Milk (12) W3D1	Breakfast Chicken (9) Biscuit (28) Apple Juice (15) 1% White Milk (12) Lunch Toasted Cheese Sandwich (32) California Blend Veg(3) Strawberry Cup (33) 1% White Milk (12) W3D2	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Seasoned Waffle Fries (19) Fresh Banana (22) 1% White Milk (12) W3D3	Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% White Milk (12) Lunch Soft Taco (22) Corn Niblets(16) Blushing Pears (23) 1% White Milk (12) W3D4	Breakfast Muffin (27-28), Yogurt (15) Sliced Peaches (18) 1% White Milk (12) Lunch Big Daddy Pizza (35-36) Mix it up Vegetables Fruit Slushie (20) 1% White Milk (12) W3D5



*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

"USDA is an equal opportunity provider and employer."