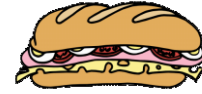


Kingsport City Middle Schools Lunch Menu May-19

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) / Pop tart (37)/Muffin (23-25)/ Cereal Bar (26-29)



MONDAY 29-Apr	TUESDAY 30-Apr	WEDNESDAY 1-May	THURSDAY 2-May	FRIDAY 3-May
Breakfast Cinn. Glazed Pancakes (35) OJuice/Sliced Peaches (18) Lunch Cheese Sticks(36) & Sauce(6) Muff/Yogurt/Granola/StrgChz(65) Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18-33)/Raisels(35) W2D1	Breakfast Egg Biscuit (27) & Gravy(6) 100% Fruit Punch/Applesauce(13) Lunch Chick Poppers(17)/Sauce(*)/Roll (27) Uncrustable Bag (47-52) Steamed Broccoli(5) Smashed Potatoes (22) Broccoli/Cauliflower Cup(3) Applesauce(13) Mixed Grapes(8) W2D2	Breakfast Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) Lunch Crispy Chicken Sandwich(45) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) Glazed Carrots(16) Cucumber/Tomato Cup(3) Apple(12)/Carmel(19)/Banana(22) W2D3	Breakfast Mini Banana Pancakes (37) OJuice/Pears (23) Lunch Nachos w/ Chili & Cheese (40) Uncrustable Bag (47-52) Corn Niblets(16) Southwest Beans (15) Fresh Vegetable Cup(3) BerryCup (20) Blushing Pears (23) W2D4	Breakfast Muffin (23-25), Yogurt (20) OJuice/ Mixed Fruit (18) Lunch Lady Hero Day Spaghetti w/Sauce & Garlic Brd(44) Chicken Ranch Wrap (25) Seasoned Green Beans(5) Sweet Potato Fries (25) Baby Carrot Cups(8) FruitSlushie (20)/Fruit Gelatin(18) W2D5
Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) Lunch Big Daddy Pizza (35-36) Muff/Yogurt/Granola/StrgChz(65) Seasoned Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) FlavApple(13)/Pineapple(19) W3D1	Breakfast Chicken (8) Biscuit (27) 100% Fruit Punch/Pineapple (19) Lunch Chicken Nuggets/Sauce/Roll (44) Fruit n-Yogurt Parfait (72) Mashed Potatoes (22) Sweet Green Peas (11) Leafy Green Salad (2) Fresh Strawberries(8)/Banana(22) W3D2	Breakfast Warm Fruit Frudal (36) AppleJuice/Banana (22) Lunch GenTso'sNoodleBow(54)/EggRoll Fajita Chicken Wrap (25) Stir Fry Vegetables(3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Orange Wedges(14)/Craisins(28) W3D3	Breakfast Cinnamon French Toast Stix(26) OJuice/Pears (23) Lunch Slippy Joe(7) on Bun(29) Uncrustable Bag (47-52) Steamed Broccoli(5) Sweet Potato Fries (25) Creamy Cole Slaw(14) Slushie(20)/Mixed BerryCup(20) W3D4	Breakfast Egg & Cheese Biscuit (28) Apple Juice/Peaches (18) Lunch Hot Dog with Chili (33) Snack Bag(47-53) Potato Wedges (19) BBQ Baked Beans(36) Baby Carrot Cups(8) Fruited Jello(18) Peach Cup(33) W3D5
Breakfast Blueberry Mini Pancakes (37) OJuice/Applesauce (13) Lunch Big Daddy Pepperoni Pizza (35) Muff/Yogurt/Granola/StrgChz(65) Grandma's Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) FlavoredApple(13) Raisels(35) W1D1	Breakfast Sausage Biscuit (27) 100% Juice Punch/Peaches(18) Lunch - New Lunch Item Wild Mikes Cheese Bites(28)/Dip(6) Uncrustable Bag (47-52) Steamed Broccoli(5) Glazed Carrots(16) Cucumber/Tomato Cup(3) Peach Cup (33)/Spring Fruit Cup(12) W1D2	Breakfast Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22) Lunch Hamburger/Cheeseburger(30) Fruit n-Yogurt Parfait (72) Potato Wedges (19) Homestyle Baked Beans(36) Fresh Vegetable Cup(3) Banana(22) Orange Wedges(8) W1D3	Breakfast Glazed Goody Ring (29) OJuice/Pears (23) Lunch Manager's Choice Entrée Uncrustable Bag (47-52) Managers Choice Vegetable Potato Smiles (20) Garden Vegetable Cup (3) StrawberryCup(33)/Fruited Jello(18) W1D4	Breakfast Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) Lunch CornDog Nuggets(30) Snack Bag(47-53) Pinto Beans (18) Sweet Potato Fries (25) Baby Carrot Cups(8) Fruit Slushie(20)/Pineapple(19) W1D5
Breakfast Cinn. Glazed Pancakes (35) OJuice/Sliced Peaches (18) Lunch Cheese Sticks(36) & Sauce(6) Muff/Yogurt/Granola/StrgChz(65) Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18-33)/Raisels(35) W2D1	Breakfast Egg Biscuit (27) & Gravy(6) 100% Fruit Punch/Applesauce(13) Lunch Manager's Choice Entrée Uncrustable Bag (47-52) Sweet Green Peas (11) Smashed Potatoes (22) Broccoli/Cauliflower Cup(3) Applesauce(13) Mixed Grapes(8) W2D2	Breakfast Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) Lunch Crispy Chicken Sandwich(45) Manager's Choice Entrée Seasoned Waffle Fries (19) Glazed Carrots(16) Cucumber/Tomato Cup(3) Apple(12)/Carmel(19)/Banana(22) W2D3	Breakfast Mini Banana Pancakes (37) AppleJuice/Pears (23) Lunch LAST DAY OF SCHOOL 1/2 DAY Bag Lunch W2D4	26-Apr

() Number in parenthesis indicate carbohydrate grams.
*Condiment Carbohydrate grams vary form 3 - 12 grams a packet
USDA is an equal opportunity provider and employer.

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 French Toast Stix (26)

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

Payments in the PALM of your Hand

Via the Smartphone App at MyPaymentsPlus.com

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

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K-12 eManagement Solution