

WARRIORS

Kingsport City Middle Schools Lunch Menu

Feb-20

REDSKINS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13)	Breakfast Chicken (9) Biscuit (28) 100% Fruit Punch/Pineapple (19)	Breakfast Warm Fruit Frudal (36) AppleJuice/Banana (22)	Breakfast Cinnamon French Toast Stix(22) OJuice/Pears (23)	PARENT CONFERENCES No School
Lunch Wild MikesCh Bites(35)Maranara(6) Muffin/Yogurt/String Chz(65) Broccoli (5) & Cheese (5) Corn Niblets(16) Baby Carrot Cups(8) Raisels (35) Applesauce (19)	Lunch Chicken Soup (14) with a Toasted Cheese Sandwich (32) Uncrustable Bag (47-52) Peas & Carrots (15) Fresh Vegetable Cup(3) Orange Wedges (10) Pineapple (19)	Lunch Crispy Chicken Sandwich(45) Fruit(**)Yogurt (39) Parfait (25) Waffle Fries (19) California Blend Veg(3) Cucumber/Tomato Cup(3) Banana (22)Apple(12)Carmel(19)	Lunch Hot Dog(1) w/ Chili (1) Bun (31) Snack Bag(47-53) Tater Tots(16) Homestyle Baked Beans(37) Baby Carrot Cups(8) Fruit Slushie (20) Craisins (28)	
W3D1	W3D2	W3D3	W3D4	W3D5
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Breakfast Mini Maple Pancakes (29) Ojuice/Applesauce (13)	Breakfast Egg Biscuit (30) & Gravy(6) 100% Juice Punch/Peaches(18)	Breakfast Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22)	Breakfast Glazed Goody Ring (29) OJuice/Pears (23)	Breakfast Egg & Cheese Croissant (28) Apple Juice /Pineapple (19)
Lunch Corndog Nuggets(30) Muffin/Yogurt/String Chz(65) Pinto Beans (15) Sweet Green Peas (15) Baby Carrot Cups(8) Fruit Slushie (35) Applesauce (19)	Lunch Chicken Drumsticks (10) Uncrustable Bag (47-52) Mac-N- Cheese (17) California Blend Veg(3) Coleslaw(9) Mixed Grapes (15) Peaches (18)	Lunch Hamburger/Cheeseburger(30) Fruit(**)Yogurt (39) Parfait (25) Potato Smiles (20) Homestyle Baked Beans(37) Fresh Vegetable Cup(3) Banana (22)Apple(12)Carmel(19)	Lunch Nachos (36) Chili(3) & Cheese (6) Chicken Ranch Wrap (25) Corn Niblets(16) Southwestern Beans(23) Fresh Vegetable Cup(3) Blush Pears(23)Fruit Gelatin(18)	Lunch Chicken(13) & Waffle (43) Snack Bag(47-53) California Blend Veg(3) Sweet Potato Fries (25) Garden Vegetable Cup (3) Strawbry Cup(33)Be Mine Slushie(20)
W1D1	W1D2	W1D3	W1D4	W1D5
17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
Breakfast Cinn. Glzed Pancakes (35) Ojuice/Sliced Peaches (18)	Breakfast Sausage Biscuit (28) 100% Fruit Punch/Applesauce(13)	Breakfast Hot Ham & Cheese Slider (20) Grape Juice/Banana (22)	Breakfast Maple French Toast Stix (22) AppleJuice/Pears (23)	Breakfast Muffin (27-28), Yogurt (15) Ojuice/ Mixed Fruit (18)
Lunch CheeseSticks(32)& Mara Sauce(6) Muffin/Yogurt/String Chz(65) Broccoli (5) & Cheese (5) Mix it up Vegetables(15) Baby Carrot Cups(8) Peaches(18)Fruit Slushie(20)	Lunch Chick Poppers(17)Sauce(*)Roll(27) Snack Bag(47-53) Sweet Green Peas (15) Smashed Potatoes (22) Broccoli & Cauliflower Cup (3) CinnApplesauce(13) Banana(22)	Lunch Gen Tso Chicken(47)Egg Roll (25) Fruit(**)Yogurt (39) Parfait (25) Stir Fry Vegetables(3) Glazed Carrots(16) Cucumber/Tomato Cup(3) Orange Wedges(10)Craisins (28)	Lunch Chicken Queso (4) Nachos (36) Uncrustable Bag (47-52) Corn Niblets(16) Southwestern Beans(23) Fresh Vegetable Cup(3) Blushing Pears (23) Peach Cup (33)	Lunch Spaghetti(22)Sauce(17)GarlicBrd(14) Chicken Ranch Wrap (25) Seasoned Green Beans(5) Sweet Potato Fries (25) Baby Carrot Cups(8) Fruit Slushie(20)Raisels (35)
W2D1	W2D2	W2D3	W2D4	W2D5
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
Breakfast Chocolate Chip French Toast (35)	Breakfast Chicken (9) Biscuit (28)	Breakfast Warm Fruit Frudal (36)	Breakfast Cinnamon French Toast Stix(22)	Breakfast Egg & Cheese Croissant (28)

Orange Juice/Applesauce (13) Lunch Wild MikesCh Bites(35)Maranara(6) Muffin/Yogurt/String Chz(65) Broccoli (5) & Cheese (5) Corn Niblets(16) Baby Carrot Cups(8) Strawbry Cup(33)Applesauce(19) W3D1	100% Fruit Punch/Pineapple (19) Lunch Fish Sticks(20)Hushpuppies (20) Uncrustable Bag (47-52) Mac-N- Cheese (17) California Blend Veg(3) Coleslaw(9) Mixed Grapes (15) Pineapple (19) W3D2	AppleJuice/Banana (22) Lunch Crispy Chicken Sandwich(45) Fruit(**)Yogurt (39) Parfait (25) Waffle Fries (19) California Blend Veg(3) Cucumber/Tomato Cup(3) Banana (22)Apple(12)Carmel(19) W3D3	OJuice/Pears (23) Lunch Hot Dog(1) w/ Chili (1) Bun (31) Snack Bag(47-53) Tater Tots(16) Homestyle Baked Beans(37) Baby Carrot Cups(8) Blush Pears(23)Fruit Gelatin(18) W3D4	Apple Juice /Pineapple (19) Lunch Big Daddy Pepperoni Pizza (35-36) Chicken Ranch Wrap (25) Seasoned Green Beans(5) Sweet Potato Fries (25) Baby Carrot Cups(8) Fruit Slushie(20)Raisels (35) W2D5
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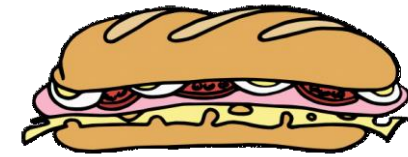
Students must pick up at least one fruit and/or vegetable to meet federal meal requirements

***Student Meal Pricing : Breakfast \$1.50
Lunch \$ 2.60**
**Staff Meal Pricing: Breakfast \$2.00
Lunch \$3.50**
**Visitor Meal Pricing: Breakfast \$2.50
Lunch \$4.00**

***Due to the Federal CEP Program Grant, all Sevier students can receive a breakfast and lunch meal daily at no cost**

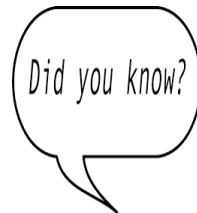
BREAKFAST

**Grab n- Go Breakfast in the Hallway
7:25 - 7:55 am**
 Rotating Choices:
WG Fruit Frudal (36)
WG Cini Minis (40)
WG Pop Tart (37)/Cereal Bars (27)
WG Mini Doughnuts (41)
WG French Toast Stix (22) Mini Pancakes (35)
All Breakfast Include
100% Juice & Whole Fruit
Choice of Milk



Build Your Own Sub Sandwich & Salad Station

\$2.60 Sub Meal includes:
Sub Bun (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 of Choice
& Bag of Baked Chips!



Our Meal Application is now online. You can apply by going to:
onlinemealapplication@k12k.com
 Applying on line eliminates the possibility of lost applications and makes the approval process faster. All information is secured and confidential