



September



Kingsport City Schools Pre-K/ECLC Menu SY 19-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
LABOR DAY NO SCHOOL	Breakfast Sausage Biscuit (26) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch Spagh(22)Sauce(17)GarlicBrd(14) X-Ray Vision Carrots(16) Applesauce (13) 1% White Milk (12)	Breakfast Cereal (6)& Muffin (27-28) Grape Juice (19) 1% White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Waffle Fries (19) Banana (22) 1% White Milk (12)	Breakfast Maple French Toast Stix (22) Apple Juice (13) 1% White Milk (12) Lunch Soft Chicken Taco (32) Corn Niblets(16) Cantaloupe Cubes (10) 1% White Milk (12)	Breakfast Egg (2)Cheese(1)Biscuit (28) Orange Juice (15) 1% White Milk (12) Lunch Cheese Sticks(32) & Sauce(6) Seasoned Green Beans(5) Fruit Gelatin (18) 1% White Milk (12)
W2D1	W2D2	W2D3	W2D4	W2D5
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Breakfast Blueberry Mini Pancakes (36) Orange Juice (13) 1% White Milk (12) Lunch Chicken Nuggets(16)& Biscuit (28) Sweet Green Peas (15) Applesauce (13) 1% White Milk (12)	Breakfast Chicken (9) Biscuit (28) Apple Juice (13) 1% White Milk (12) Lunch Orange Chicken(25) Rice(28) Stir Fry Vegetables (5) Pineapple (19) 1% White Milk (12)	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (14) 1% White Milk (12) Lunch Wild Mikes Cheese Bites(28) Maranara Sauce (6) Little Broccoli Trees (5) Banana (22) 1% White Milk (12)	Breakfast Cinnamon French Toast Stix(22) Apple Juice (13) 1% White Milk (12) Lunch Grilled Cheese (30) Crinkle Cut Fries(17) Peach Cup (33) 1% White Milk (12)	PARENT/TEACHER CONFER NO SCHOOL
W3D1	W3D2	W3D3	W3D4	W3D5
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Breakfast Mini Maple Pancakes (29) Orange Juice (13) 1% White Milk (12) Lunch Pepperoni Pizza (35) Grandma's Green Beans(5) Applesauce (13) 1% White Milk (12)	Breakfast Egg(2) Biscuit (28) w/Gravy (5) Apple Juice (13) 1% White Milk (12) Lunch Macaroni & Cheese (32) Little Broccoli Trees (5) Peaches(18) 1% White Milk (12)	Breakfast Bacon,Egg,&Cheese Pizza(16) Fruit Punch 100% Juice (14) 1% White Milk (12) Lunch Hamburger/Cheeseburger(30) Potato Smiles (20) Banana (22) 1% White Milk (12)	Breakfast Cereal (6) & Muffin (27) Apple Juice (13) 1% White Milk (12) Lunch Grilled Cheese (30) Sweet Potato Fries (25) Watermelon (10) 1% White Milk (12)	Breakfast Egg & Cheese(1)Croissant(26) Orange Juice (13) 1% White Milk (12) Lunch Chic Tenders(13)Sauce(*) Mix it Up Vegetables (15) Pineapple (19) 1% White Milk (12)
W1D1	W1D2	W1D3	W1D4	W1D5
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Breakfast Cinn. Glzed Pancakes (35) Orange Juice (13) 1% White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll (29) Smashed Potatoes (22) Peaches (18) 1% White Milk (12)	Breakfast Sausage Biscuit (26) Fruit Punch 100% Juice (15) 1% White Milk (12) Lunch Spagh(22)Sauce(17)GarlicBrd(14) X-Ray Vision Carrots(16) Applesauce (13) 1% White Milk (12)	Breakfast Cereal (6)& Muffin (27-28) Grape Juice (19) 1% White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Waffle Fries (19) Banana (22) 1% White Milk (12)	Breakfast Maple French Toast Stix (22) Apple Juice (13) 1% White Milk (12) Lunch Soft Chicken Taco (32) Corn Niblets(16) Blushing Pears (23) 1% White Milk (12)	Breakfast Egg (2)Cheese(1)Biscuit (28) Orange Juice (15) 1% White Milk (12) Lunch Cheese Sticks(32) & Sauce(6) Seasoned Green Beans(5) Fruit Gelatin (18) 1% White Milk (12)
W2D1	W2D2	W2D3	W2D4	W2D5



"USDA is an equal opportunity provider and employer."

*Sauces and Condiments have 1 to 5 grams of carbohydrate
() Number in parenthesis indicate carbohydrate grams.