

# Kingsport City Middle Schools Lunch Menu Dec-18

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 3-Dec	TUESDAY 4-Dec	WEDNESDAY 5-Dec	THURSDAY 6-Dec	FRIDAY 7-Dec
<b>Breakfast</b> Cinn. Glazed Pancakes (35) OJuce/Sliced Peaches (18) <b>Lunch</b> 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)/Fruit Slushie(20) W2D1	<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) Broccoli/Cauliflower Cup(3) Applesauce(13)/Mixed Grapes(8) W2D2	<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) W2D3	<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) Strawberry Cup (33) Pears (23) W2D4	<b>Breakfast</b> Muffin (23-25), Yogurt (20) OJuce/ 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) W2D5
<b>Breakfast</b> Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) <b>Lunch</b> Retro Pizza (34) Muff/Yogurt/Granola/StrgChz(65) Steamed Broccoli(5) Corn Niblets(16) Baby Carrot Cups(8) Applesauce (13)/Fruit Slushie(20) W3D1	<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) Green Beans(5) Fresh Vegetable Cup(3) MM Fruit Cup(38)/ Pineapple(19) W3D2	<b>Breakfast</b> Warm Fruit Frudal (36) AppleJuice/Banana (22) <b>Lunch</b> GenTso'sNoodleBow(54)/EggRoll Fruit n-Yogurt Parfait (72) (22) Stir Fry Vegetables(3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Peach Cup(30)/Craisins(28) W3D3	<b>Breakfast</b> Cinnamon French Toast Stix(26) OJuce/Pears (23) <b>Lunch</b> Chic 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) W3D4	<b>Breakfast</b> Egg & Cheese Biscuit (28) Apple Juice/Peaches (18) <b>Lunch</b> Hot Dog with Chili (33) Fajita Chicken Wrap (25) Potato Smiles (20) BBQ Baked Beans(36) Baby Carrot Cups(8) MixedBerryCup(30)/Peaches(18) W3D5
<b>Breakfast</b> Mini Maple Pancakes (29) OJuce/Applesauce (13) <b>Lunch</b> Big Daddy Pepperoni Pizza (35) Muff/Yogurt/Granola/StrgChz(65) Grandma's Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) Applesauce (13)/Fruit Slushie(20) W1D1	<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) Fruited Gelatin(18) Peaches (18-30) W1D2	<b>Breakfast</b> Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22) <b>Lunch</b> Hamburger/Cheeseburger(30) Fruit n-Yogurt Parfait (72) Potato Wedges (19) Homestyle Baked Beans(36) Fresh Vegetable Cup(3) Apple (12)/Carmel(19)/Craisins(28) W1D3	<b>Breakfast</b> Glazed Goody Ring (29) OJuce/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) W1D4	<b>Breakfast</b> Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) <b>Lunch</b> <b>HALF DAY FOR STUDENTS</b>  <b>Bag Lunch</b>  W1D5

**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



**CHRISTMAS / WINTER BREAK DEC. 24th - JAN 7th**

Happy New Year



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