

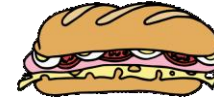


Kingsport City Middle Schools Lunch Menu

Feb-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) / Poptart (37)/Muffin (23-25)/ Cereal Bar (26-29)



MONDAY 4-Feb	TUESDAY 5-Feb	WEDNESDAY 6-Feb	THURSDAY 7-Feb	FRIDAY 8-Feb
Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) Lunch Big Daddy Pizza (35-36) Snack Bag(47-53) Seasoned Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) Applesauce (13)/Fruit Slushie(20) 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) Fresh Vegetable Cup(3) MM Fruit Cup(38) Pineapple(19) W3D2	Breakfast Warm Fruit Frudal (36) AppleJuice/Banana (22) Lunch GenTso'sNoodleBow(54)EggRoll Fajjita Chicken Wrap (25) Stir Fry Vegetables(3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Peach Cup(30)Craisins(28) W3D3	Breakfast Cinnamon French Toast Stix(26) OJuice/Pears (23) Lunch Veg B 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	Parent-Teacher Conferences No School W3D5
Breakfast Mini Maple Pancakes (29) 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) FlavoredApplesce(13) Raisels(35) W1D1	Breakfast Egg Biscuit (27) & Gravy(6) 100% Juice Punch/Peaches(18) Lunch Lasagna Roll(35) Garlic Bread (14) Uncrustable Bag (47-52) Glazed Carrots(16) Steamed Broccoli(5) Cucumber/Tomato Cup(3) Red Grapes(8) Peach Cup (33) 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 Chicken Pot Pie (42) Uncrustable Bag (47-52) California Blend Veg(3) 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 Green Peas (11) Baby Carrot Cups(8) Fruit Slushie(20)Pineapple(19) W1D5
Breakfast Cinn. Glized Pancakes (35) Ojuice/Sliced Peaches (18) Lunch Cheese Sticks(36) & Sauce(6) Snack Bag(47-53) Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18-33)Raisels(35) W2D1	Breakfast Sausage Biscuit (26) 100% Fruit Punch/Applesauce(13) Lunch 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	Breakfast Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) Lunch 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)Banana(22) W2D3	Breakfast Maple French Toast Stix (26) AppleJuice/Pears (23) Lunch Nachos w/ Chili & Cheese (40) Uncrustable Bag (47-52) Corn Niblets(16) Blackbeans and Salsa (15) Fresh Vegetable Cup(3) Mixed BerryCup(30) Blushing Pears (2) W2D4	Breakfast Muffin (23-25), Yogurt (20) Ojuice/ Mixed Fruit (18) Lunch 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) Snack Bag(47-53) Seasoned Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) FlavoredApplesce(13) Raisels(35) 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) Fresh Vegetable Cup(3) MM Fruit Cup(38) Banana(22) W3D2	Breakfast Warm Fruit Frudal (36) AppleJuice/Banana (22) Lunch GenTso'sNoodleBow(54)EggRoll Fajjita 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 Chili Beans(16)&Hushpuppies(20) Uncrustable Bag (47-52) California Blend Veg(3) Sweet Potato Fries (25) Garden Vegetable Cup (3) Blush Pears(23)Fruit Slushie(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

() 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 Choc. Chip French Toast (35)

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

Payments in the
PALM of your Hand

Via the Smartphone App or MyPaymentsPlus.com

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

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K-12 eManagement Solution