



MARCH



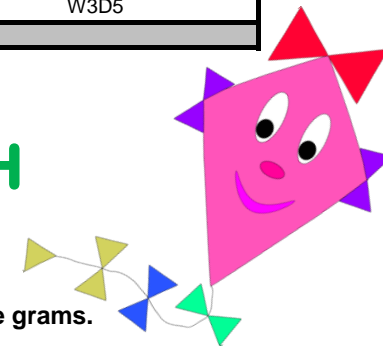
Kingsport City Schools Pre-K/ECLC Menu SY 18-19



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| NATIONAL SCHOOL BREAKFAST WEEK MARCH 4-8 | | | | |
| Breakfast Mini Maple Pancakes (29) Orange Juice (15) 1% & FF White Milk (12) Lunch Pepperoni Pizza (35) Little Broccoli Trees (5) Applesauce (13) 1% & FF White Milk (12) W1D1 | Breakfast Sausage Biscuit (26) Apple Juice (15) 1% & FF White Milk (12) Breakfast for Lunch French Toast Stix(26) & Eggs Potato Tots(15) Baked Cinnamon Apples (14) 1% & FF White Milk (12) W1D2 | Breakfast Bacon,Egg,&Cheese Pizza(23) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Hamburger/Cheeseburger(30) Baked Beans (36) Banana (22) 1% & FF White Milk (12) W1D3 | Breakfast Cereal (6) Apple Juice (15) 1% & FF White Milk (12) Lunch Chili Beans(16) & Hushpuppies(20) Potato Smiles (20) Fruited Gelatin (18) 1% & FF White Milk (12) W1D4 | Breakfast Egg & Cheese Croissant (28) Orange Juice (15) 1% & FF White Milk (12) Lunch Chick Tenders (13) Dip Sauce (*) Buttered Green Peas (11) Cherry Pineapple Tidbits (19) 1% & FF White Milk (12) W1D5 |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Breakfast Cinn. Glzed Pancakes (35) Orange Juice (15) 1% & FF White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll(27) Smashed Potatoes(22) Chilled Peaches (18-30) 1% & FF White Milk (12) W2D1 | Breakfast Egg Biscuit (27) w/Gravy (6) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees (5) Flavored Applesauce (13) 1% & FF White Milk (12) W2D2 | Breakfast Cereal (6)& Muffin (27-28) Grape Juice (15) 1% & FF White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Seasoned Waffle Fries (19) Orange Smiles (14) 1% & FF White Milk (12) W2D3 | Breakfast Maple French Toast Stix (26) Apple Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) Seasoned Green Beans(5) Blushing Pears (23) 1% & FF White Milk (12) W2D4 | TEACHER IN-SERVICE NO SCHOOL W2D5 |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Breakfast Chocolate Chip French Toast (35) Orange Juice (15) 1% & FF White Milk (12) Lunch Chic Nuggets(16)Sauce(*)Roll(27) Sweet Green Peas (11) Applesauce (13) 1% & FF White Milk (12) W3D1 | Breakfast Chicken Biscuit (29) Apple Juice (15) 1% & FF White Milk (12) Lunch Spaghetti(43) & Garlic Bread (14) Winter Blend Vegetables (3) MM Fruit Salad (38) 1% & FF White Milk (12) W3D2 | Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Chicken Pot Pie (42) Seasoned Green Beans(5) Baked Cinnamon Apples (14) 1% & FF White Milk (12) W3D3 | Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) Seasoned Potato Wedges (15) Blushing Pears (23) 1% & FF White Milk (12) W3D4 | Breakfast Mini Maple Pancakes (29) Orange Juice (15) 1% & FF White Milk (12) Lunch Pepperoni Pizza (35) Corn Niblets(16) Peach Cup(33) 1% & FF White Milk (12) W3D5 |



SPRING BREAK MAR. 25TH - MAR. 29TH



*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

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