



DECEMBER



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
Breakfast Cinn. Glazed Pancakes (35) Orange Juice (15) 1% & FF White Milk (12)	Breakfast Sausage Biscuit (26) Fruit Punch 100% Juice (15) 1% & FF White Milk (12)	Breakfast Cereal (6)& Muffin (27-28) Grape Juice (15) 1% & FF White Milk (12)	Breakfast Maple French Toast Stix (26) Apple Juice (15) 1% & FF White Milk (12)	Breakfast Egg & Cheese Biscuit (28) 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	Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees (5) Applesauce (13) 1% & FF White Milk (12) W2D2	Lunch Crispy Chicken(16)Sandwich(29) Seasoned Waffle Fries (19) Orange Smiles (14) 1% & FF White Milk (12) W2D3	Lunch Soft Chicken Taco (22) Corn Niblets(16) Strawberry Cup(33) 1% & FF White Milk (12) W2D4	Lunch Grilled Cheese (32) Potato Smiles (20) Fruited Gelatin (18) 1% & FF White Milk (12) W2D5
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
Breakfast Chocolate Chip French Toast (35) Orange Juice (15) 1% & FF White Milk (12)	Breakfast Chicken Biscuit (29) Apple Juice (15) 1% & FF White Milk (12)	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (15) 1% & FF White Milk (12)	Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% & FF White Milk (12)	Breakfast Muffin (27-28), Yogurt (17) Orange Juice (15) 1% & FF White Milk (12)
Lunch Chic Nuggets(16)Sauce(*)Roll(27) Sweet Green Peas (11) Cinnamon Applesauce (13) 1% & FF White Milk (12) W3D1	Lunch Stuffed Crust Pizza(38) Little Broccoli Trees (5) MM Fruit Salad (38) 1% & FF White Milk (12) W3D2	Lunch Teriyaki Chic(14) Fried Rice(28) Glazed Carrots(16) Peach Cup (30) 1% & FF White Milk (12) W3D3	Lunch Turkey&Cheese Sub(30) Seasoned Potato Wedges (15) Blushing Pears (23) 1% & FF White Milk (12) W3D4	Lunch Spaghetti(43) & Garlic Bread (14) Mix it up Vegetables(11) Strawberry Cup (25) 1% & FF White Milk (12) W3D5
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
Breakfast Mini Maple Pancakes (29) Orange Juice (15) 1% & FF White Milk (12)	Breakfast Egg Biscuit (27) w/Gravy (6) Apple Juice (15) 1% & FF White Milk (12)	Breakfast Bacon,Egg,&Cheese Pizza(23) Fruit Punch 100% Juice (15) 1% & FF White Milk (12)	Breakfast Cereal (6) Apple Juice (15) 1% & FF White Milk (12)	Breakfast Egg & Cheese Croissant (28) Orange Juice (15) 1% & FF White Milk (12)
Lunch Pepperoni Pizza (35) Grandma's Green Beans(5) Applesauce (13) 1% & FF White Milk (12) W1D1	Lunch Lasagna Roll(35)Garlic Bread(14) Little Broccoli Trees (5) Chilled Peaches (18-30) 1% & FF White Milk (12) W1D2	Lunch Hamburger/Cheeseburger(30) Potato Wedges (15) Strawberry Cup (25) 1% & FF White Milk (12) W1D3	Lunch Chic Soup(14)Grill Cheese(32) California Blend Veg(3) Blushing Pears (23) 1% & FF White Milk (12) W1D4	Half Day for Students Bag Lunch Christmas / Winter Break Dec. 24th - Jan. 7th W1D5



Merry Christmas



Happy New Year

*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

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