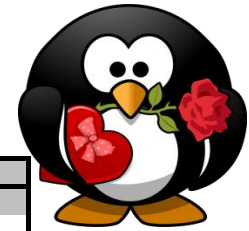




FEBRUARY



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Feb	5-Feb	9-Feb	7-Feb	8-Feb
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) Cinnamon Applesauce (13) 1% & FF White Milk (12) W3D1	Breakfast Chicken Biscuit (29) Apple Juice (15) 1% & FF White Milk (12) Lunch Soft Chicken Taco (22) Corn Niblets(16) 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 Orange Chic(14) Fried Rice(28) Glazed Carrots(16) Fresh Banana (22) 1% & FF White Milk (12) W3D3	Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese (32) Seasoned Potato Wedges (15) Blushing Pears (23) 1% & FF White Milk (12) W3D4	PARENT CONFERENCES No School W3D5
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
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 Egg Biscuit (27) w/Gravy (6) Apple Juice (15) 1% & FF White Milk (12) Lunch Lasagna Roll(35)Garlic Bread(14) Grandma's Green Beans(5) Chilled Peaches (18-30) 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
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
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 Sausage Biscuit (26) 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 Turkey&Cheese Sub(30) Seasoned Green Beans(5) Peach Cup(33) 1% & FF White Milk (12) W2D4	Breakfast Egg & Cheese Biscuit (28) Orange Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese (32) Potato Wedges (15) Fruited Gelatin (18) 1% & FF White Milk (12) W2D5
25-Feb	26-Feb	27-Feb	28-Feb	1-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 Pork Roast and Gravy(16)Roll(27) Mashed Potatoes (22) 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 Pork&Cheese Sub(30) 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

*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

"USDA is an equal opportunity provider and employer."

