



MARCH



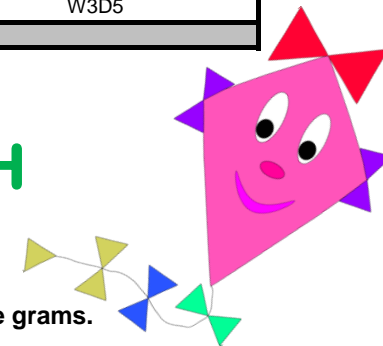
Kingsport City Schools Pre-K/ECLC Menu SY 19-20



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
NATIONAL SCHOOL BREAKFAST WEEK MARCH 2-6				
Breakfast Mini Maple Pancakes (29) Orange Juice (13) 1% White Milk (12) Lunch Grilled Cheese Sandwich(32) Seasoned Green Beans(5) Applesauce (13) 1% White Milk (12) W1D1	Breakfast Sausage Biscuit (26) Apple Juice (13) 1% White Milk (12) Lunch Chic Nuggets (16)Mac&Cheese(21) Little Broccoli Trees (5) Chilled Peaches (18-30) 1% White Milk (12) W1D2	Breakfast Bacon,Egg,&Cheese Pizza(16) Fruit Punch 100% Juice (14) 1% White Milk (12) Lunch Hamburger/Cheeseburger(30) Baked Beans (36) Orange Smiles (14) 1% White Milk (12) W1D3	Breakfast Yogurt (15)& Muffin (27-28) Apple Juice (13) 1% White Milk (12) Breakfast for Lunch Biscuit(28)Gravy(5)CheesyEggOmelet(14) Tator Tots (15) Baked Cinnamon Apples (14) 1% White Milk (12) W1D4	Breakfast Egg & Cheese Croissant (28) Orange Juice (13) 1% White Milk (12) Lunch Cheese Sticks(32) & Sauce(6) California Blend Veg(3) Cherry Pineapple Tidbits (19) 1% White Milk (12) W1D5
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Breakfast Cinn. Glzed Pancakes (35) Orange Juice (13) 1% White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll(27) Sweet Green Peas (11) Chilled Peaches (18-30) 1% White Milk (12) W2D1	Breakfast Biscuit (27) w/Jelly (9) Fruit Punch 100% Juice (14) 1% White Milk (12) Lunch French Toast Stix(22)&Sausage Potato Smiles (20) Flavored Applesauce (13) 1% White Milk (12) W2D2	Breakfast Cereal (6)& Muffin (27-28) Grape Juice (19) 1% White Milk (12) Lunch WMCheese Bites(28)Maranara(6) Broccoli (5) & Cheese (5) Orange Smiles (14) 1% White Milk (12) W2D3	Breakfast Maple French Toast Stix (26) Apple Juice (13) 1% White Milk (12) Lunch Chicken Pot Pie (42) Corn Niblets(16) Blushing Pears (23) 1% White Milk (12) W2D4	NO SCHOOL W2D5
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Breakfast Blueberry Mini Pancakes (36) Orange Juice (13) 1% White Milk (12) Lunch Pepperoni Pizza (35) Glazed Carrots(16) Applesauce (13) 1% White Milk (12) W3D1	Breakfast Chicken Biscuit (29) Apple Juice (13) 1% White Milk (12) Lunch Fish Sticks (20)Hushpuppies(20) California Blend Veg(3) Cherry Pineapple Tidbits (19) 1% White Milk (12) W3D2	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (14) 1% White Milk (12) Lunch Crispy Chicken(16)Sandwich(29) Seasoned Waffle Fries (19) Fresh Banana (22) 1% White Milk (12) W3D3	Breakfast Cinnamon French Toast Stix(26) Apple Juice (13) 1% White Milk (12) Lunch Soft Taco (22) Southwestern Beans (23) Peach Cup(33) 1% White Milk (12) W3D4	Breakfast Yogurt (15)& Muffin (27-28) Orange Juice (13) 1% White Milk (12) Lunch ChickTenders(13)Sauce(*)Roll(27) Seasoned Green Beans(5) Strawberry Cup (33) 1% White Milk (12) W3D5



SPRING BREAK MAR. 23RD - MAR. 27TH



*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

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