



# Kingsport City Middle Schools Lunch Menu

## Sep-19



Milk choices offered with breakfast and lunch daily: 1% milk (12)/ Chocolate milk (24)/ Strawberry milk (22)

\*\*Assorted Seasonal Fruit (7-35) / Fruit Juice (13-19)

Breakfast items served on a rotating basis: Cereal (14-25) / Poptart (37)/Muffin (27-28)/ Cereal Bar (26-29)

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| 2-Sep  | 3-Sep   | 4-Sep   | 5-Sep   | 6-Sep   |
| <p style="text-align: center;"><b>Labor Day</b></p> <p style="text-align: center;">No School</p> <p style="text-align: center;">W2D1</p>   | <p><b>Breakfast</b><br/>Sausage Biscuit (28)<br/>100% Fruit Punch/Applesauce(13)</p> <p><b>Lunch</b><br/>Chick Poppers(17)Sauce(*)Roll(27)<br/>Uncrustable Bag (47-52)<br/>Sweet Green Peas (15)<br/>Smashed Potatoes (22)<br/>Broccoli &amp; Cauliflower Cup (3)<br/>Applesauce(13) Strawberries (7)</p> <p style="text-align: center;">W2D2</p>   | <p><b>Breakfast</b><br/>Hot Ham &amp; Cheese Slider (20)<br/>Grape Juice/Banana (22)</p> <p><b>Lunch</b><br/>Crispy Chicken Sandwich(45)<br/>Fruit(**)Yogurt (39) Parfait (25)<br/>Waffle Fries (19)<br/>California Blend Veg(3)<br/>Cucumber/Tomato Cup(3)<br/>Banana (22) Craisins (28)</p> <p style="text-align: center;">W2D3</p> | <p><b>Breakfast</b><br/>Maple French Toast Stix (22)<br/>AppleJuice/Pears (23)</p> <p><b>Lunch</b><br/>Nachos (36) Chili(3) &amp; Cheese (6)<br/>Uncrustable Bag (47-52)<br/>Corn Niblets(16)<br/>Southwestern Beans(23)<br/>Fresh Vegetable Cup(3)<br/>Fruit Slushie (20) Canteloupe (10)</p> <p style="text-align: center;">W2D4</p>        | <p><b>Breakfast</b><br/>Muffin (27-28), Yogurt (15)<br/>Ojuice/ Mixed Fruit (18)</p> <p><b>Lunch</b><br/>Spaghetti(22)Sauce(17)GarlicBrd(14)<br/>Chicken Ranch Wrap (25)<br/>Seasoned Green Beans(5)<br/>Sweet Potato Fries (25)<br/>Baby Carrot Cups(8)<br/>MixBerryCup(20)Fruit Gelatin(18)</p> <p style="text-align: center;">W2D5</p> |
| 9-Sep  | 10-Sep  | 11-Sep  | 12-Sep  | 13-Sep  |
| <p><b>Breakfast</b><br/>Chocolate Chip French Toast (35)<br/>Orange Juice/Applesauce (13)</p> <p><b>Lunch</b><br/>Wild MikesCheese Bites(35)Dip(6)<br/>Muffin/Yogurt/String Chz(65)<br/>Steamed Broccoli(5)<br/>Corn Niblets(16)<br/>Baby Carrot Cups(8)<br/>Applesauce (13)/Fruit Slushie(20)</p> <p style="text-align: center;">W3D1</p> | <p><b>Breakfast</b><br/>Chicken (9) Biscuit (28)<br/>100% Fruit Punch/Pineapple (19)</p> <p><b>Lunch</b><br/>Mom's Chicken Leg (5) &amp; Biscuit(28)<br/>Uncrustable Bag (47-52)<br/>Mashed Potatoes(22)<br/>Grandma's Green Beans(5)<br/>Fresh Vegetable Cup(3)<br/>Banana(22) Pineapple(19)</p> <p style="text-align: center;">W3D2</p>           | <p><b>Breakfast</b><br/>Warm Fruit Frudal (36)<br/>AppleJuice/Banana (22)</p> <p><b>Lunch</b><br/>Gen Tso Chicken(47)Egg Roll (25)<br/>Fruit(**)Yogurt (39) Parfait (25)<br/>Stir Fry Vegetables(3)<br/>Glazed Carrots(16)<br/>Cucumber/Tomato Cup(3)<br/>Watermelon (10) Raisels (35)</p> <p style="text-align: center;">W3D3</p>    | <p><b>Breakfast</b><br/>Cinnamon French Toast Stix(22)<br/>OJuice/Pears (23)</p> <p><b>Lunch</b><br/>Chicken(13) &amp; Waffle (43)<br/>Uncrustable Bag (47-52)<br/>California Blend Veg(3)<br/>Sweet Potato Fries (25)<br/>Garden Vegetable Cup (3)<br/>Strawberry Cup(20)Fruit Slushie(20)</p> <p style="text-align: center;">W3D4</p>       | <p style="text-align: center;">Parent/Teacher Conference</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">W3D5</p>   |
| 16-Sep   | 17-Sep  | 18-Sep  | 19-Sep  | 20-Sep  |
| <p><b>Breakfast</b><br/>Mini Maple Pancakes (29)<br/>Ojuice/Applesauce (13)</p> <p><b>Lunch</b><br/>Big Daddy Pepperoni Pizza (35-36)<br/>Muffin/Yogurt/String Chz(65)<br/>Garlic Green Beans(5)<br/>Corn Niblets(16)<br/>Baby Carrot Cups(8)<br/>Applesauce (13)/Fruit Slushie(20)</p> <p style="text-align: center;">W1D1</p>            | <p><b>Breakfast</b><br/>Egg Biscuit (30) &amp; Gravy(6)<br/>100% Juice Punch/Peaches(18)</p> <p><b>Lunch</b><br/>Chic Nuggets(16)Sauce(*)Roll (29)<br/>Uncrustable Bag (47-52)<br/>Mac-N- Cheese (17)<br/>Steamed Broccoli(5)<br/>Cucumber/Tomato Cup(3)<br/>Mixed Grapes (15) Peaches (18)</p> <p style="text-align: center;">W1D2</p>             | <p><b>Breakfast</b><br/>Bacon,Egg,&amp;Cheese Pizza(23)<br/>AppleJuice/Banana (22)</p> <p><b>Lunch</b><br/>Hamburger/Cheeseburger(30)<br/>Fruit(**)Yogurt (39) Parfait (25)<br/>Potato Smiles (20)<br/>Homestyle Baked Beans(37)<br/>Fresh Vegetable Cup(3)<br/>Banana (22) Craisins (28)</p> <p style="text-align: center;">W1D3</p> | <p><b>Breakfast</b><br/>Glazed Goody Ring (29)<br/>OJuice/Pears (23)</p> <p><b>Lunch</b><br/>BBQ Pork (9) on Bun (29)<br/>Uncrustable Bag (47-52)<br/>California Blend Veg(3)<br/>Crinkle Cut Fries (17)<br/>Creamy Cole Slaw(9)<br/>Apple(12)&amp;Carmel(19)Fruit Slushie(20)</p> <p style="text-align: center;">W1D4</p>                    | <p><b>Breakfast</b><br/>Egg &amp; Cheese(1) Croissant (26)<br/>Apple Juice /Pineapple (19)</p> <p><b>Lunch</b><br/>Corndog Nuggets(30)<br/>Snack Bag(47-53)<br/>Pinto Beans (15)<br/>Sweet Green Peas (15)<br/>Baby Carrot Cups(8)<br/>Raisels (35) Pineapple (19)</p> <p style="text-align: center;">W1D5</p>                            |
| 23-Sep   | 24-Sep  | 25-Sep  | 26-Sep  | 27-Sep  |
| <p><b>Breakfast</b><br/>Cinn. Glazed Pancakes (35)<br/>Ojuice/Sliced Peaches (18)</p> <p><b>Lunch</b><br/>Cheese Sticks(32) &amp; Sauce(6)<br/>Muffin/Yogurt/String Chz(65)<br/>Steamed Broccoli(5)<br/>Mix it up Vegetables(15)<br/>Baby Carrot Cups(8)<br/>Peaches(18)Fruit Slushie(20)</p> <p style="text-align: center;">W2D1</p>      | <p><b>Breakfast</b><br/>Sausage Biscuit (28)<br/>100% Fruit Punch/Applesauce(13)</p> <p><b>Lunch</b><br/>Chick Poppers(17)Sauce(*)Roll(27)<br/>Uncrustable Bag (47-52)<br/>Sweet Green Peas (15)<br/>Smashed Potatoes (22)<br/>Broccoli &amp; Cauliflower Cup (3)<br/>Applesauce(13) Orange Wedges (11)</p> <p style="text-align: center;">W2D2</p> | <p><b>Breakfast</b><br/>Hot Ham &amp; Cheese Slider (20)<br/>Grape Juice/Banana (22)</p> <p><b>Lunch</b><br/>Crispy Chicken Sandwich(45)<br/>Fruit(**)Yogurt (39) Parfait (25)<br/>Waffle Fries (19)<br/>California Blend Veg(3)<br/>Cucumber/Tomato Cup(3)<br/>Banana (22) Craisins (28)</p> <p style="text-align: center;">W2D3</p> | <p><b>Breakfast</b><br/>Maple French Toast Stix (22)<br/>AppleJuice/Pears (23)</p> <p><b>Lunch</b><br/>Nachos (36) Chili(3) &amp; Cheese (6)<br/>Uncrustable Bag (47-52)<br/>Corn Niblets(16)<br/>Southwestern Beans(23)<br/>Fresh Vegetable Cup(3)<br/>Apple(12)&amp;Carmel(19)Fruit Slushie(20)</p> <p style="text-align: center;">W2D4</p> | <p><b>Breakfast</b><br/>Muffin (27-28), Yogurt (15)<br/>Ojuice/ Mixed Fruit (18)</p> <p><b>Lunch</b><br/>Spaghetti(22)Sauce(17)GarlicBrd(14)<br/>Chicken Ranch Wrap (25)<br/>Seasoned Green Beans(5)<br/>Sweet Potato Fries (25)<br/>Baby Carrot Cups(8)<br/>MixBerryCup(20)Fruit Gelatin(18)</p> <p style="text-align: center;">W2D5</p> |

(\*) Numbers in Parenthesis indicate carbohydrate grams  
(\*) Sauces & Condiments range from 2-12 grams carbohydrate

**Student Meal Pricing : Breakfast \$1.50  
Lunch \$ 2.60**

**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



**MyPaymentsPlus™**  
K-12 eManagement Solution

**Staff Meal Pricing: Breakfast \$2.00  
Lunch \$3.50**

**Visitor Meal Pricing: Breakfast \$2.35  
Lunch \$4.00**

Confused about what a "Meal" is ??  
Go to Meal Payment Information on this website and click on "What Makes a Meal in Middle School"  
When students do not choose a "Meal" they are charged a la carte pricing for meal items.

*Did you know?*

## BREAKFAST

**Grab n- Go Breakfast in the Hallway  
7:25 - 7:55 am**

Rotating Choices:

**WG Fruit Frudal (36)**

**WG Cini Minis (40)**

**WG Pop Tart (37)/Cereal Bars (27)**

**WG Mini Doughnuts (41)**

**WG French Toast Stix (22) Mini Pancakes (35)**

All Breakfast Bags include

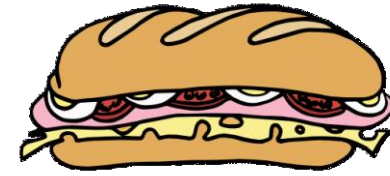
100% Juice - Whole Fruit

Milk of Choice

**\*\*PLEASE NOTE\*\* Temporary meal benefit status expires after Sept. 16th.**

**You can apply by going to [onlinemealapplication.k12k.com](http://onlinemealapplication.k12k.com) .**

**Our Meal benefit application is now online. You can apply by going to [onlinemealapplication.k12k.com](http://onlinemealapplication.k12k.com) . Applying online eliminates possibility of lost applications and makes the approval process faster. All information is secure and confidential.**



**Build your own Sub Sandwich Station or Salad Bar**

**\$2.60 Sub Meal includes:**

**Sub Bun (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 of Choice  
& Bag of Baked Chips!**



