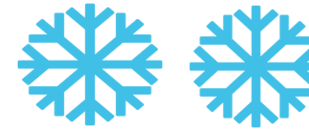




JANUARY



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
IN-SERVICE No School	Breakfast Sausage Biscuit (26) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees (5) 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 Soft Chicken Taco (22) Corn Niblets(16) Peach Cup(33) 1% & FF White Milk (12) W2D4	Breakfast Egg & Cheese Biscuit (28) Orange Juice (15) 1% & FF White Milk (12) Lunch Chicken Pot Pie (42) Seasoned Green Beans(5) Fruited Gelatin (18) 1% & FF White Milk (12) W2D5
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
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 Big Daddy Pizza (35-36) Little Broccoli Trees (5) 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) Strawberry Cup (25) 1% & FF White Milk (12) W3D3	Breakfast Cinnamon French Toast Stix(26) Apple Juice (15) 1% & FF White Milk (12) Lunch Turkey&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 Spaghetti(43) & Garlic Bread (14) Mix it up Vegetables(11) Fruited Gelatin (18) 1% & FF White Milk (12) W3D5
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
MLK Day - No School W1D1	Breakfast Egg Biscuit (27) w/Gravy (6) Apple Juice (15) 1% & FF White Milk (12) Lunch Lasagna Roll(35)Garlic Bread(14) Little Broccoli Trees (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) Potato Wedges (15) Mixed Berry Cup (33) 1% & FF White Milk (12) W1D3	Breakfast Cereal (6) Apple Juice (15) 1% & FF White Milk (12) Lunch Pork Roast and Gravy(16)Roll(27) Cream Style Potatoes (22) Blushing Pears (23) 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 (*) Corn Niblets(16) Cherry Pineapple Tidbits (19) 1% & FF White Milk (12) W1D5
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
Breakfast Cinn. Glzed Pancakes (35) Orange Juice (15) 1% & FF White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll(27) Sweet Green Peas (11) 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) 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

*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

"USDA is an equal opportunity provider and employer."

