

Kingsport City Middle Schools Lunch Menu Mar-19

Milk choices offered with breakfast and lunch daily: 1% & FF milk (12)/ Chocolate milk (24)/ Strawberry milk (22)
Assorted Seasonal Fruit (12-22)/Fruit (12-20) / Fruit Juice (13-19)
Breakfast items served on a rotating basis: Cereal (14-25) / Poptart (37)/Muffin (23-25)/ Cereal Bar (26-29)



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| National School Breakfast Week March 4-8 | | | | |
| 4-Mar | 5-Mar | 6-Mar | 7-Mar | 8-Mar |
| Breakfast Mini Maple Pancakes (29) Ojuice/Applesauce (13) Lunch Big Daddy Pepperoni Pizza (35) Muff/Yogurt/Granola/StrgChz(65) Grandma's Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) FlavoredApplesce(13) Raisels(35) W1D1 | Breakfast Sausage Biscuit (27) 100% Juice Punch/Peaches(18) Breakfast for Lunch French Toast Stix(26) & Eggs Uncrustable Bag (47-52) Warm Baked Cinn Apples(14) Potato Tots(15) Cucumber/Tomato Cup(3) Peach Cup (33) W1D2 | Breakfast Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22) Lunch Hamburger/Cheeseburger(30) Fruit n-Yogurt Parfait (72) Potato Wedges (19) Homestyle Baked Beans(36) Fresh Vegetable Cup(3) Banana(22) Orange Wedges(8) W1D3 | Breakfast Glazed Goody Ring (29) OJuice/Pears (23) Lunch Chicken Pot Pie (42) Uncrustable Bag (47-52) Steamed Broccoli(5) Potato Smiles (20) Garden Vegetable Cup (3) StrawberryCup(33)Fruited Jello(18) W1D4 | Breakfast Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) Lunch CornDog Nuggets(30) Snack Bag(47-53) Pinto Beans (18) Sweet Green Peas (11) Baby Carrot Cups(8) Fruit Slushie(20)Pineapple(19) W1D5 |
| 11-Mar | 12-Mar | 13-Mar | 14-Mar | 15-Mar |
| Breakfast Cinn. Glized Pancakes (35) Ojuice/Sliced Peaches (18) Lunch Cheese Sticks(36) & Sauce(6) Muff/Yogurt/Granola/StrgChz(65) Steamed Broccoli(5) Mix it up Vegetables(11) Baby Carrot Cups(8) Peaches(18-33)Raisels(35) W2D1 | Breakfast Egg Biscuit (27) & Gravy(6) 100% Fruit Punch/Applesauce(13) Lunch Chick Poppers(17)Sauce(*)Roll (27) Uncrustable Bag (47-52) Sweet Green Peas (11) Smashed Potatoes (22) Broccoli/Cauliflower Cup(3) Applesauce(13) Mixed Grapes(8) W2D2 | Breakfast Hot Ham & Cheese Slider (28) Grape Juice/Banana (22) Lunch Crispy Chicken Sandwich(45) Fruit n-Yogurt Parfait (72) Seasoned Waffle Fries (19) Glazed Carrots(16) Cucumber/Tomato Cup(3) Apple(12)Carmell(19)Banana(22) W2D3 | Breakfast Maple French Toast Stix (26) AppleJuice/Pears (23) Lunch Nachos w/ Chili & Cheese (40) Uncrustable Bag (47-52) Corn Niblets(16) Blackbeans and Salsa (15) Fresh Vegetable Cup(3) Mixed BerryCup (30) Blushing Pears (23) W2D4 | Teacher In-Service No School W2D5 |
| 18-Mar | 19-Mar | 20-Mar | 21-Mar | 22-Mar |
| Breakfast Chocolate Chip French Toast (35) Orange Juice/Applesauce (13) Lunch Big Daddy Pizza (35-36) Muff/Yogurt/Granola/StrgChz(65) Seasoned Green Beans(5) Corn Niblets(16) Baby Carrot Cups(8) FlavApplesce(13)Pineapple(19) W3D1 | Breakfast Chicken (8) Biscuit (27) 100% Fruit Punch/Pineapple (19) Lunch Chicken Nuggets/Sauce/Roll (44) Fruit n-Yogurt Parfait (72) Mashed Potatoes (22) Sweet Green Peas (11) Leafy Green Salad (2) MM Fruit Cup(38) Banana(22) W3D2 | Breakfast Warm Fruit Frudal (36) AppleJuice/Banana (22) Lunch GenTso'sNoodleBow(54)EggRoll Fajjita Chicken Wrap (25) Stir Fry Vegetables(3) Glazed Carrots(16) Celery/Green Pepper Cup (3) Orange Wedges(14)Craisins(28) W3D3 | Breakfast Cinnamon French Toast Stix(26) OJuice/Pears (23) Lunch Chili Beans(16)&Hushpuppies(20) Uncrustable Bag (47-52) Steamed Broccoli(5) Sweet Potato Fries (25) Creamy Cole Slaw(14) Blush Pears(23)Mixed BerryCup(33) W3D4 | Breakfast Egg & Cheese Biscuit (28) Apple Juice/Peaches (18) Lunch Hot Dog with Chili (33) Snack Bag(47-53) Potato Wedges (19) BBQ Baked Beans(36) Baby Carrot Cups(8) Fruit Slushie(20)Raisels (35) W3D5 |

Build your own Sub Sandwich or Salad

Sub Station or Salad Bar
\$2.50 Sub Meal includes:
Sub Sandwich (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 Choice & Bag of Baked Chips

Salad Bar includes: Meat or Cheese Choice, 2 grain choices, Vegetable toppings & Dressing with Fruit and Milk Choice



Grab n- Go Breakfast in the Hallway
7:00 - 7:45 am

- Mon- WG Mini Maple Pancakes (29)**
 - Tues - WG Cini Minis (40)**
 - Wed - WG Pop Tarts (37)**
 - Thurs -WG Mini Doughnuts (41)**
 - Fri - WG Choc. Chip French Toast (35)**
- All Breakfast Bags include
100% Juice - Whole Fruit
Milk of Choice

SPRING BREAK Mar. 25th - Mar. 29th

() Number in parenthesis indicate carbohydrate grams.
*Condiment Carbohydrate grams vary form 3 - 12 grams a packet
USDA is an equal opportunity provider and employer.

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 - 12 onManagement Solution