





**WARRIORS**

# Kingsport City Middle Schools Lunch Menu

**Mar-20**

**REDSKINS**



MONDAY 2-Mar	TUESDAY 3-Mar	WEDNESDAY 4-Mar	THURSDAY 5-Mar	FRIDAY 6-Mar
<b>National School Breakfast Week March 2nd-6th</b>				
<b>Breakfast</b> Mini Maple Pancakes (29) Ojuice/Applesauce (13) <b>Lunch</b> Corndog Nuggets(30) Muffin/Yogurt/String Chz(65) Pinto Beans (15) Sweet Green Peas (15) Baby Carrot Cups(8) Fruit Slushie (35) Applesauce (19) W1D1	<b>Breakfast</b> Egg Biscuit (30) & Gravy(6) 100% Juice Punch/Peaches(18) <b>Lunch</b> Chicken Drumsticks (10) Uncrustable Bag (47-52) Mac-N- Cheese (17) Broccoli (5) & Cheese (5) Coleslaw(9) Mixed Grapes (15) Peaches (18) W1D2	<b>Breakfast</b> Bacon,Egg,&Cheese Pizza(23) AppleJuice/Banana (22) <b>Lunch</b> Hamburger/Cheeseburger(30) Fruit(**)Yogurt (39) Parfait (25) Potato Smiles (20) Homestyle Baked Beans(37) Fresh Vegetable Cup(3) Banana (22)Apple(12)Carmel(19) W1D3	<b>Breakfast</b> Glazed Goody Ring (29) OJuice/Pears (23) <b>Breakfast for Lunch</b> French Toast Stix(22)&Sausage Chicken Ranch Wrap (25) Cinnamon Baked Apples (12) Tator Tots (15) Cucumber/Tomato Cup(3) Blush Pears(23) W1D4	<b>Breakfast</b> Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) <b>Lunch</b> Chicken(13) & Waffle (43) Snack Bag(47-53) California Blend Veg(3) Sweet Potato Fries (25) Garden Vegetable Cup (3) Strawby Cup(33)Fruit Slushie(20) W1D5
<b>Breakfast</b> Cinn. Glzed Pancakes (35) Ojuice/Sliced Peaches (18) <b>Lunch</b> CheeseSticks(32)& Red Sauce(6) Muffin/Yogurt/String Chz(65) Broccoli (5) & Cheese (5) Corn Niblets(16) Baby Carrot Cups(8) Peaches(18)Fruit Slushie(20) W2D1	<b>Breakfast</b> Sausage Biscuit (28) 100% Fruit Punch/Applesauce(13) <b>Lunch</b> Nashville Hot Chic(16)Sauce(*)Roll(27) Uncrustable Bag (47-52) Sweet Green Peas (15) Smashed Potatoes (22) Broccoli & Cauliflower Cup (3) CinnApplesauce(13) Banana(22) W2D2	<b>Breakfast</b> Hot Ham & Cheese Slider (20) Grape Juice/Banana (22) <b>Lunch</b> Gen Tso Chicken(47)Egg Roll (25) Fruit(**)Yogurt (39) Parfait (25) Stir Fry Vegetables(3) Glazed Carrots(16) Cucumber/Tomato Cup(3) Orange Wedges(10)Craisins (28) W2D3	<b>Breakfast</b> Maple French Toast Stix (22) AppleJuice/Pears (23) <b>Lunch</b> Hot Dog(1) w/ Chili (1) Bun (31) Snack Bag(47-53) Potato Wedges (15) Homestyle Baked Beans(37) Baby Carrot Cups(8) Blush Pears(23)Fruit Gelatin(18) W2D4	<b>PARENT CONFERENCES</b> No School  W2D5
<b>Breakfast</b> Blueberry Mini Pancakes (36) Orange Juice/Applesauce (13) <b>Lunch</b> Wild MikesCh Bites(35)Maranara(6) Muffin/Yogurt/String Chz(65) Broccoli (5) & Cheese (5) Corn Niblets(16) Baby Carrot Cups(8) Peach Cup(33)Applesauce(19) W3D1	<b>Breakfast</b> Chicken (9) Biscuit (28) 100% Fruit Punch/Pineapple (19) <b>Lunch</b> <b>**Special Treat with Meal</b>  Fish Sticks(20)Hushpuppies (20) Uncrustable Bag (47-52) Mac-N- Cheese (17) Seasoned Green Beans(5) Coleslaw(9) Mixed Grapes (15) Pineapple (19) W3D2	<b>Breakfast</b> Warm Fruit Frudal (36) AppleJuice/Banana (22) <b>Lunch</b> Crispy Chicken Sandwich(45) Fruit(**)Yogurt (39) Parfait (25) Waffle Fries (19) California Blend Veg(3) Cucumber/Tomato Cup(3) Banana (22)Apple(12)Carmel(19) W3D3	<b>Breakfast</b> Cinnamon French Toast Stix(22) OJuice/Pears (23) <b>Lunch</b> Nachos (36)Chili(3)&Cheese (6) Chicken Ranch Wrap (25) Corn Niblets(16) Southwestern Beans(23) Fresh Vegetable Cup(3) Blush Pears(23)Fruit Gelatin(18) W3D4	<b>Breakfast</b> Egg & Cheese Croissant (28) Apple Juice /Pineapple (19) <b>Lunch</b> Big Daddy Pepperoni Pizza (35-36) Snack Bag(47-53) Glazed Carrots (16) Sweet Green Peas (15) Baby Carrot Cups(8) Fruit Slushie(20)Raisels (35) W3D5
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar

**USDA is an equal opportunity provider**



# SPRING BREAK

March 23rd-27th



## 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



\*Student Meal Pricing : Breakfast \$1.50

Lunch \$ 2.60

Staff Meal Pricing: Breakfast \$2.00

Lunch \$3.50

Visitor Meal Pricing: Breakfast \$2.50

Lunch \$4.00

**\*Due to the Federal CEP Program Grant, all Sevier students can receive a breakfast and lunch meal daily at no cost for the 19-20 school year**

Students must pick up at least one fruit and/or vegetable to meet federal meal requirements

## 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)

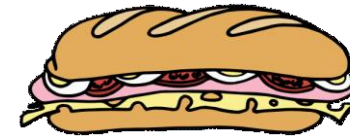
WG Mini Doughnuts (41)

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

All Breakfast Include

100% Juice & Whole Fruit

Choice of Milk



## Build Your Own Sub Sandwich & Salad Station

\$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!

Did you know?

Our Meal Application is now online. You can apply by going to:

[onlinemealapplication@k12k.com](mailto:onlinemealapplication@k12k.com)

Applying on line eliminates the possibility of lost applications and makes the approval process faster. All information is secured and confidential