



MAY



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-Apr	30-Apr	1-May	2-May	3-May
Breakfast Cinn. Glazed Pancakes (35) Orange Juice (15) 1% & FF White Milk (12) Lunch Chick Poppers(17)Sauce(*)Roll(27) Smashed Potatoes(22) Chilled Peaches (18-30) 1% & FF White Milk (12) W2D1	Breakfast Egg Biscuit (27) w/Gravy (6) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees (5) Flavored 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 Yogurt(21)& Muffin (27-28) Apple Juice (15) 1% & FF White Milk (12) Lunch Sloppy Joe(7) on Bun(29) Seasoned Green Beans(5) Blushing Pears (23) 1% & FF White Milk (12) W2D4	Breakfast Egg & Cheese Biscuit (28) Orange Juice (15) 1% & FF White Milk (12) Lunch Lady Hero Day Grilled Cheese Sandwich(32) Potato Wedges (15) Fruited Gelatin (18) 1% & FF White Milk (12) W2D5
6-May	7-May	8-May	9-May	10-May
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) Applesauce (13) 1% & FF White Milk (12) W3D1	Breakfast Chicken Biscuit (29) Apple Juice (15) 1% & FF White Milk (12) Lunch Spaghetti(43) & Garlic Bread (14) Little Broccoli Trees (5) Fresh Strawberries (8) 1% & FF White Milk (12) W3D2	Breakfast Warm WG Fruit Frudal (36) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) Seasoned Green Beans(5) Baked Cinnamon Apples (14) 1% & FF White Milk (12) W3D3	Breakfast Mini Banana Pancakes (37) Apple Juice (15) 1% & FF White Milk (12) Lunch WowButterSand(28)Str Cheese Seasoned Potato Wedges (15) Mixed Berry Cup (20) 1% & FF White Milk (12) W3D4	Breakfast Egg & Sausage Biscuit (27) Orange Juice (15) 1% & FF White Milk (12) Lunch Pepperoni Pizza (35) Corn Niblets(16) Peach Cup(33) 1% & FF White Milk (12) W3D5
13-May	14-May	15-May	16-May	17-May
Breakfast Blueberry Mini Pancakes (37) Orange Juice (15) 1% & FF White Milk (12) Lunch Wild Mikes Cheese Bites(28)Dip(6) Little Broccoli Trees (5) Applesauce (13) 1% & FF White Milk (12) W1D1	Breakfast Sausage Biscuit (26) Apple Juice (15) 1% & FF White Milk (12) Lunch Hot Ham & Cheese Sub(30) Seasoned Green Beans(5) Spring Fruit Cup (12) 1% & FF White Milk (12) W1D2	Breakfast Breakfast Pizza(23) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Hamburger/Cheeseburger(30) Baked Beans (36) Banana (22) 1% & FF White Milk (12) W1D3	Breakfast Cereal (6)& Muffin (27-28) Apple Juice (15) 1% & FF White Milk (12) Lunch Soft Taco (16) Southwest Beans (15) Fruited Gelatin (18) 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 (*) Buttered Green Peas (11) Cherry Pineapple Tidbits (19) 1% & FF White Milk (12) W1D5
20-May	21-May	22-May	23-May	
Breakfast Cinn. Glazed Pancakes (35) Orange Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) Manager's Choice Vegetable Chilled Peaches (18-30) 1% & FF White Milk (12) W2D1	Breakfast Egg Biscuit (27) w/Gravy (6) Fruit Punch 100% Juice (15) 1% & FF White Milk (12) Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees (5) Flavored Applesauce (13) 1% & FF White Milk (12) W2D2	Breakfast Yogurt(21)& 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 Cereal (6)& Muffin (27-28) Apple Juice (15) 1% & FF White Milk (12) LAST DAY OF SCHOOL 1/2 DAY Bag Lunch W2D4	



*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

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