



APRIL



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
Breakfast Blueberry Mini Pancakes (37) Orange Juice (15) 1% & FF White Milk (12) Lunch Pepperoni Pizza (35) 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 Bacon,Egg,&Cheese 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) Apple Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) Sweet Corn Nibblets (16) 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 (*) Buttered Green Peas (11) Cherry Pineapple Tidbits (19) 1% & FF White Milk (12) W1D5
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
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 Cereal (6) Apple Juice (15) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich(32) 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 Turkey & Cheese Sub (30) Potato Wedges (15) Fruited Gelatin (18) 1% & FF White Milk (12) W2D5
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
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) 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 Chicken Pot Pie (42) 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 WovButterSand(28)Str Cheese Seasoned Potato Wedges (15) Blushing Pears (23) 1% & FF White Milk (12) W3D4	SPRING HOLIDAY NO SCHOOL W3D5
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
Breakfast Blueberry Mini Pancakes (37) Orange Juice (15) 1% & FF White Milk (12) Lunch Pepperoni Pizza (35) Little Broccoli Trees (5) Applesauce (13) 1% & FF White Milk (12) W1D1	Breakfast Sausage Biscuit (26) Apple Juice (15) 1% & FF White Milk (12) Breakfast for Lunch Hot Ham & Cheese Sub(30) Seasoned Green Beans(5) Spring Fruit Cup (12) 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) Baked Beans (36) Banana (22) 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) Potato Smiles (20) 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

*Sauces & Condiments have 3 to 12 grams of carbohydrate

() Number in parenthesis indicate carbohydrate grams.

"USDA is an equal opportunity provider and employer."

APRIL 29 & APRIL 30 WILL BE ON MAY MENU



Happy Easter!