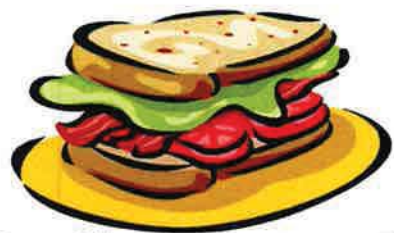


REQUIRED COURSE

We don't consider lunch to be optional. Every kid needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. And that's also why we provide free and reduced-price meals for families that qualify. Enjoy!



Breakfast **Lunch**
\$1.00 **\$2.00**

Get in touch with us today to learn more about free and reduced-price meals in Johnson City: 434-5228, mcgaheyk@jcschools.org

Extra Milk \$.50
 Extra 100% juice \$.50

Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to mySchoolBucks.com

NOTE: A new fee schedule for 2009-2010 has been implemented. All existing customers should have received notice. Visit the website for details on this unique and useful tool for parents.



In accordance with Federal law and US Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability or retaliation. If you require this information in alternative format (Braille, large print, audiotape) contact the USDA TARGET Center at (202) 720-2600 (voice or TDD). To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (866) 632-9992 TDD users can contact USDA through local relay or the Federal relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users).

Wed., July 15

Breakfast
 French Toast Sticks/syrup
 Assorted Cereal
 Juice, Milk

Lunch
 Toasted Cheese Sandwich

Choice of Two:
 Fresh Fruit, Applesauce,
 Juice
 Milk, Cookie

Educare Snack:
 Chili Nachos, Juice

Thursday, July 16

Breakfast
 Jelly Biscuit
 Assorted Cereal
 Juice, Milk

Lunch
 Chicken/Cheese Fajita,
 Salsa, Beans and Rice

Choice of Two:
 Tossed Salad, Applesauce,
 Fresh Fruit, Juice
 Milk

Educare Snack:
 Cheese Toast, Juice

Friday, July 17

Breakfast
 Cinnamon Toast
 Assorted Cereal
 Juice, Milk

Lunch
 Baked Potato, Chili, Cheese
 Cornbread

Choice of Two:
 Tossed Salad, Applesauce,
 Fresh Fruit, Juice
 Milk

Educare Snack:
 Turkey/Cheese Mini, Juice

Monday, July 20

Breakfast
 Scrambled Egg
 Assorted Cereal
 Juice, Milk

Lunch
 Hamburger, Trimmings
 Bun
Choice of Two:
 Corn, Applesauce, Tossed
 Salad, Fresh Fruit, Juice
 Milk

Educare Snack:
 Cereal, Milk

Tuesday, July 21

Breakfast
 Cinnamon Biscuit
 Assorted Cereal
 Juice, Milk

Lunch
 Taco Salad
Choice of Two:
 Fruited Jello, Applesauce,
 Tossed Salad, Fresh Fruit,
 Juice
 Milk

Educare Snack:
 Steak Biscuit, Juice

Wed., July 22

Breakfast
 Cheese Toast
 Assorted Cereal
 Juice, Milk

Lunch
 Grilled Chicken Patty,
 trimmings, Bun
Choice of Two:
 Green Beans, Tossed
 Salad, Fresh Fruit, Juice
 Milk

Educare Snack:
 Graham Snacks, Yogurt

Thursday, July 23

Breakfast
 Muffin
 Assorted Cereal
 Juice, Milk

Lunch
 Deli Turkey Wrap,
 trimmings, Pretzels
Choice of Two:
 Applesauce,
 Tossed Salad, Fresh Fruit,
 Juice
 Milk

Educare Snack:
 Cheese Bread Stick, Juice

Friday, July 24

Breakfast
 Pancake, syrup
 Assorted Cereal
 Juice, Milk

Lunch
 Pinto Beans, Macaroni and
 Cheese, Cornbread
Choice of Two:
 Slaw, Cooked Apples,
 Tossed Salad, Fresh Fruit,
 Juice
 Milk

Educare Snack:
 Cereal Bar, Milk

Monday, July 27

Breakfast
 French Toast Sticks, syrup
 Assorted Cereal
 Juice, Milk

Lunch
 Nachos with Chili and
 Cheese, Beans & Rice
Choice of Two:
 Corn, Tossed Salad,
 Applesauce, Fresh Fruit,
 Juice
 Milk

Educare Snack:
 Cheese Toast, Juice

Tuesday, July 28

Breakfast
 Egg/Cheese Muffin
 Assorted Cereal
 Juice, Milk

Lunch
 Pork BBQ, Bun
Choice of Two:
 Potato Rounds,
 Applesauce, Tossed Salad,
 Fresh Fruit, Juice
 Milk

Educare Snack:
 Corn Dog, Juice

Wed., July 29

Breakfast
 Cereal Bar
 Assorted Cereal
 Juice, Milk

Lunch
 Popcorn Chicken
 WW Roll
Choice of Two:
 Steamed Broccoli,
 Applesauce, Tossed Salad,
 Fresh Fruit, Juice
 Milk

Educare Snack:
 Cereal Treat, Milk

Thursday, July 30

Breakfast
 Muffin
 Assorted Cereal
 Juice, Milk

Lunch
 Deli Sub, trimmings
 Frito Lay Baked Chips
Choice of Two:
 Applesauce, Veggies/Dip,
 Fresh Fruit, Juice
 Milk

Educare Snack:
 Cereal, Milk

Friday, July 31

Breakfast
 Cinnamon Biscuit
 Assorted Cereal
 Juice, Milk

Brunch for Lunch
 Cheese Omelet
 French Toast Sticks, syrup
Choice of Two:
 Potato Rounds, Fresh Fruit,
 Juice
 Milk

Educare Snack:
 Small Pizza, Juice