

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
\$0.00

Lunch
\$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).
USDA is an equal opportunity provider and employer.

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