



Johnson City
2017
April/May

This institution is an equal opportunity provider. Menus are subject to change.

Make MyTray Healthy!
All School Meal Customers Must Choose:
1 Juicy Fruit OR
1 Colorful Vegetable
& 2-4 Additional Different Food Group Choices

First things First
BREAKFAST @SCHOOL
For first-class learning!
Featuring Healthy Fruits & Grains!

Word of the Month

kind·ness

noun 1. goodness; benevolence
2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness

Don't be fooled by the apron.

There are special folks on the staff at our school whose job is to help improve students' concentration and classroom participation, increase standardized test scores, and make sure our kids stay healthy and ready to learn. And, amazingly, these members of our educational team perform all of these impressive feats while wearing an apron!

Our child nutrition employees may not see the inside of a classroom very often, but they do make a daily contribution to your child's educational success.

It's really a very simple recipe: research shows that kids who eat well learn better. So the hard work that gets done in our school restaurants every day isn't just about preparing and serving meals to our kids. It's also about helping to make good education possible.

We're proud of the people who do all of that hard work, largely unseen by parents, students, and other staff members. Please join us in saying thanks to our dedicated employees during this year's School Nutrition Employee Week, May 1-5. And don't be fooled by the aprons – these folks help work miracles for our kids every day!

School Meals

We serve education every day™

Johnson City Schools Food and Nutrition Services

Monday, April 24	Tuesday, April 25	Wednesday, April 26	Thursday, April 27	Friday, April 28
<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Grab-It and Bag-It Lunch: Go-gurt, Turkey Stick, Cheese Stick Animal Crackers Choose 1 from: Sliced Apples, Dried Fruit Choose 1-2 from: Baby Carrot Packs, Juice</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Chicken/Cheese Fajita, Mexican Rice, Salsa Choose 1 from: Assorted Fruit, OJ Choose 1-2 from: Corn, Fiesta Black Beans, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Pork BBQ on Bun OR Turkey Burger Choose 1 from: Fruit, Cooked Apples Choose 1-2 from: Slaw, Potato Rounds, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Pasta w/Meat Sauce Cheese Bread Stick Choose 1 from: Assorted Fruit, Juice Choose 1-2 from: Green Beans, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Pizza Choose 1 from: Assorted Fruit, OJ Choose 1-2 from: Steamed Broccoli, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>
Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Popcorn Chicken WW Roll Choose 1 from: Assorted Fruit, Juice Choose 1-2 from: Steamed Broccoli, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Asian Chicken, Fried Rice, Egg Roll (1/2) Choose 1 from: Assorted Fruit, Sorbet Choose 1-2 from: Glazed Carrots, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Sausage Slider Scrambled Eggs Choose 1 from: Fruit, Cooked Apples Choose 1-2 from: Emoji Smiles, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Mac and Cheese, Banana Pudding Choose 1 from: Assorted Fruit, Juice Choose 1-2 from: Pinto Beans, Slaw, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>	<p>Breakfast Breakfast Choices Fruit, Juice, Milk</p> <p>Lunch Cheeseburger on Bun Choose 1 from: Assorted Fruit, OJ Choose 1-2 from: Potato Wedges, Assorted Veggies, Leafy Green Salad</p> <p>AfterSchool Snack Grab and Go Choices</p>