

Indian Trail/
Liberty Bell



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!

Available Daily

Additional Entrée Choices at Indian Trail and Liberty Bell
Include a COLD Sandwich selection AND

- Monday-
Pizza OR Bacon Cheeseburger**
- Tuesday-
Popcorn Chicken/Roll OR Philly Sub**
- Wednesday-
Pizza OR BBQ Rib on Bun**
- Thursday-
Popcorn Chicken/Roll OR Hot Dog on Bun**
- Friday-
Breaded Chx Sandwich OR Meatball Sub**

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 Nutrition Services

Monday, April 24

Breakfast

Breakfast Choices
Fruit, Juice, Milk

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

AfterSchool Snack
Grab and Go Choices

Tuesday, April 25

Breakfast

Breakfast Choices
Fruit, Juice, Milk

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

AfterSchool Snack
Grab and Go Choices

Wednesday, April 26

Breakfast

Breakfast Choices
Fruit, Juice, Milk

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

AfterSchool Snack
Grab and Go Choices

Thursday, April 27

Breakfast

Breakfast Choices
Fruit, Juice, Milk

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

AfterSchool Snack
Grab and Go Choices

Friday, April 28

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Pizza
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Steamed Broccoli,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Monday, May 1

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Popcorn Chicken
WW Roll
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Steamed Broccoli,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, May 2

Breakfast

Breakfast Choices
Fruit, Juice, Milk

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

AfterSchool Snack
Grab and Go Choices

Wednesday, May 3

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Sausage Slider
Scrambled Eggs
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Emoji Smiles, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, May 4

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Mac and Cheese,
Banana Pudding
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Pinto Beans, Slaw,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, May 5

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Cheeseburger on Bun
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Potato Wedges,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices