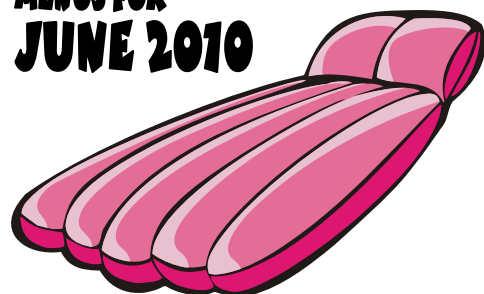


MENUS FOR JUNE 2010



Johnson City Summer Feeding

This institution is an equal opportunity provider and employer.

Johnson City Schools Summer Feeding Program

We're here to serve you and your family delicious breakfast and lunch through July 23! Convenient, economical, healthy meals every summer weekday!

All Kids Eat Free!

No paperwork necessary must be 18 or under

Adults:
\$1.75 Breakfast
\$3.25 Lunch



Monday - Friday

Please call 423-434-5228 for more info

Monday, June 7

Breakfast
Poptart/Bkfst Breaks
Cereal
Juice Milk

Lunch
Sloppy Joes on Bun
Corn Cobbette
Apple Wedges
Milk

Super Kids Snack
String Cheese, Crackers,
Water

Tuesday, June 8

Breakfast
Yogurt
Cereal
Juice Milk

Lunch
Deli Turkey/Cheese Wrap
Pretzels
Carrots/Dip
Peaches
Milk

Super Kids Snack
PBJ Sandwich, Water

Wed., June 9

Breakfast
Muffin
Cereal
Juice Milk

Lunch
Breaded Chicken
WW Roll
Mashed Potatoes
Green Beans
Milk

Super Kids Snack
CCP Cereal Bar, Water

Thursday, June 10

Breakfast
Cereal Bar
Cereal
Juice Milk

Lunch
PBJ Sandwich
String Cheese
Applesauce
Juice
Milk

Super Kids Snack
Super Trail Mix, Water

Friday, June 11

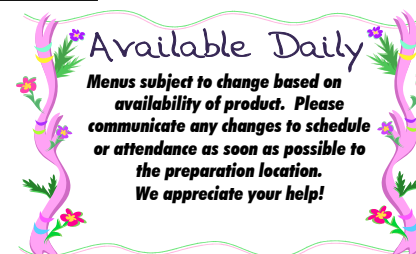
Breakfast
Blueberry Turnover
Cereal
Juice Milk

Lunch
Beef and Cheese Fajita
Beans and Rice
Tossed Salad
Orange Wedges
Milk, Rice Krispie Treat

Super Kids Snack
Cheese Portion, Apple
Wedges, Water

Friday Bag Lunch

Combo meat sub
Chips
Fruit
Juice
Milk
Rice Krispie Treat



Available Daily

Menus subject to change based on availability of product. Please communicate any changes to schedule or attendance as soon as possible to the preparation location. We appreciate your help!

Monday, June 14

Breakfast
Muffin
Cereal
Juice Milk

Lunch
BBQ Pork Sandwich
Baked Beans
Cooked Apples
Juice
Milk

Super Kids Snack
Cereal Treat, Water

Tuesday, June 15

Breakfast
Cereal Bar
Cereal
Juice Milk

Lunch
Chicken Salad Sandwich
Apples Wedges
Super Trail Mix
Milk, Cupcake

Super Kids Snack
Animal Crackers,
Applesauce Cup, Water

Wed., June 16

Breakfast
Cinnamon Biscuit
Cereal
Juice Milk

Lunch
Taco Salad
Beans and Rice
Corn
Orange Wedges
Milk

Super Kids Snack
Banana, Cookie, Water

Thursday, June 17

Breakfast
Yogurt
Cereal
Juice Milk

Lunch
Combo Meat Sub
Trimnings, Pasta Salad
Carrots/Dip
Peaches
Milk

Super Kids Snack
PBJ Sandwich, Water

Friday, June 18

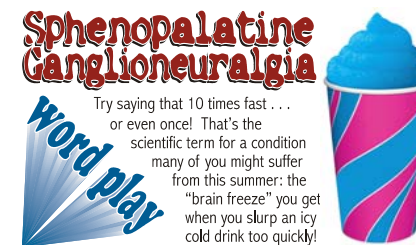
Breakfast
Graham Snack OR
PANCAKE/BBERRY
Cereal
Juice Milk

Lunch
Pasta with Meat Sauce
Cheese Breadstick
Tossed Salad
Grapes
Milk

Super Kids Snack
CCP Cereal Bar, Water

Friday Bag Lunch

PBJ Sandwich
String Cheese
Fruit
Juice
Milk
Cookie



Sphenopalatine Ganglioneuralgia

Try saying that 10 times fast... or even once! That's the scientific term for a condition many of you might suffer from this summer: the "brain freeze" you get when you slurp an icy cold drink too quickly!



Monday, June 21

Breakfast
Muffin
Cereal
Juice Milk

Lunch
Mac and Cheese
Ham Biscuit
Cooked Apples
Juice
Milk

Super Kids Snack
String Cheese, Crackers,
Water

Tuesday, June 22

Breakfast
Yogurt
Cereal
Juice Milk

Lunch
PBJ Sandwich
String Cheese
Peaches
Juice
Milk

Super Kids Snack
Turkey/Cheese mini, Water

Wed., June 23

Breakfast
Egg/Cheese Muffin
Cereal
Juice Milk

Lunch
Breaded Chicken
WW Roll
Mashed Potatoes
Glazed Carrots
Milk

Super Kids Snack
CCP Cereal Bar, Water

Thursday, June 24

Breakfast
PBJ Sandwich
Cereal
Juice Milk

Lunch
Chicken-Broccoli Pasta
WW Roll
Tossed Salad
Fruited Jello
Milk, Cookie

Super Kids Snack
PB, Crackers, Water

Friday, June 25

Breakfast
Graham Snack OR
FRENCH TOAST STX
Cereal
Juice Milk

Lunch
Beef and Cheese Fajita
Rice and Beans
Corn
Orange Wedges
Milk, Rice Krispie Treat

Super Kids Snack
Cheese Portion, Apple
Wedges, Water

Friday Bag Lunch

Deli Turkey/Cheese
Wrap
Pretzels
Carrots/Dip
Juice
Milk
Cookie

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!