



MARCH

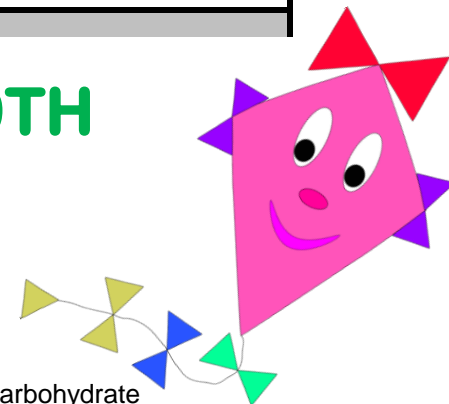
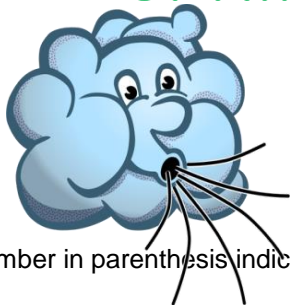


Kingsport City Schools Palmer Menu SY 18-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Breakfast Cereal (6) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Prize Pizza (33) Golden Corn Kernals(16) Flavored Applesauce (15) 1% & FF White Milk (12) W1D1	Breakfast Egg Biscuit (29) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Chick Poppers(9) Dip Sauce (12) Smashed Potatoes (22) Juicy Pineapple Cherry Tidbits(15) 1% & FF White Milk (12) W1D2	Breakfast Bacon,Egg,&Cheese Pizza(23) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Toasted Cheese Sandwich (30) Baby Green Peas (11) Fresh Fruit in Season (15) 1% & FF White Milk (12) W1D3	Breakfast Warm WG Fruit Frudal (36) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Cheese Sticks(36) & Sauce(6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% & FF White Milk (12) W1D4	Breakfast Pancakes (35), 100% Juice (13-16) 1% & FF White Milk (12) Lunch Chicken Pot Pie (42) Grandma's Green Beans (5) Chilled Sliced Peaches (15) 1% & FF White Milk (12) W1D5
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Breakfast French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Baby Chicken Slider (26) Sweet Green Peas (11) Warm Baked Apples (12) 1% & FF White Milk (12) W2D1	Breakfast Sausage Biscuit (27) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Prize Pizza (42) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% & FF White Milk (12) W2D2	Breakfast Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Classic Cheeseburger (30) Tasty Tater Tots (15) Fresh Fruit in Season (15) 1% & FF White Milk (12) W2D3	Breakfast Hot Ham & Cheese Slider (28) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% & FF White Milk (12) W2D4	TEACHER IN-SERVICE NO SCHOOL W2D5
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Breakfast French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Soft Taco (16) Corn Niblets (16) Juicy Pineapple Tidbits (15) 1% & FF White Milk (12) W3D1	Breakfast WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) Lunch WowButter Sand/Yogurt (47) Tasty Tater Tots (15) Fruited Gelatin (18) 1% & FF White Milk (12) W3D2	Breakfast Mini Maple Pancakes (29) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Chick Nuggets w/ Dip Sauce(12) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% & FF White Milk (12) W3D3	Breakfast Cereal (6)& Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Lasagna Roll(35)Garlic Bread(14) Little Broccoli Trees(5) Orange Smiles (15) 1% & FF White Milk (12) W3D4	Breakfast Egg & Cheese Omelet (2) & WG Toast (15) Milk Choice (12), Juice (13-16) Lunch Homestyle Chicken Biscuit (29) Thick Cut Potato Wedges (15) Warm Baked Apples (12) 1% & FF White Milk (12) W3D5



SPRING BREAK MAR. 25TH - MAR. 29TH



() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate

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