



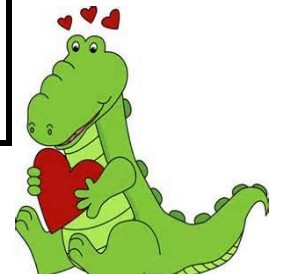
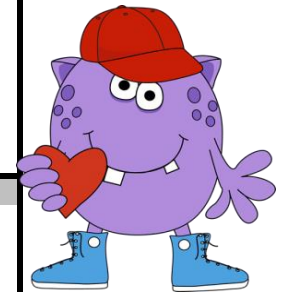
FEBRUARY



Kingsport City Schools Palmer Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Feb	5-Feb	6-Feb	7-Feb	8-Feb
<u>Breakfast</u> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Soft Taco (16) Corn Niblets (16) Juicy Pineapple Tidbits (15) 1% & FF White Milk (12) W3D1	<u>Breakfast</u> WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> WowButter Sand/Yogurt (47) Tasty Tater Tots (15) Fruited Gelatin (18) 1% & FF White Milk (12) W3D2	<u>Breakfast</u> Mini Maple Pancakes (29) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Chick Nuggets w/ Dip Sauce(12) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% & FF White Milk (12) W3D3	<u>Breakfast</u> Cereal (6)& Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% & FF White Milk (12) W3D4	PARENT CONFERENCES <u>No School</u> W3D5
11-Feb	12-Feb	13-Feb	14-Feb	15-Feb
<u>Breakfast</u> Cereal (6) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Prize Pizza (33) Golden Corn Kernals(16) Flavored Applesauce (15) 1% & FF White Milk (12) W1D1	<u>Breakfast</u> Egg Biscuit (29) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Chick Poppers(9) Dip Sauce (12) Smashed Potatoes (22) Juicy Pineapple Cherry Tidbits(15) 1% & FF White Milk (12) W1D2	<u>Breakfast</u> Bacon,Egg,&Cheese Pizza(23) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Toasted Cheese Sandwich (30) Baby Green Peas (11) Fresh Fruit in Season (15) 1% & FF White Milk (12) W1D3	<u>Breakfast</u> Warm WG Fruit Frudal (36) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Cheese Sticks(36) & Sauce(6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% & FF White Milk (12) W1D4	<u>Breakfast</u> Pancakes (35), 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Chicken Pot Pie (42) Grandma's Green Beans (5) Chilled Sliced Peaches (15) 1% & FF White Milk (12) W1D5
18-Feb	19-Feb	20-Feb	21-Feb	22-Feb
<u>Breakfast</u> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Baby Chicken Slider (26) Sweet Green Peas (11) Warm Baked Apples (12) 1% & FF White Milk (12) W2D1	<u>Breakfast</u> Sausage Biscuit (27) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Prize Pizza (42) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% & FF White Milk (12) W2D2	<u>Breakfast</u> Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Classic Cheeseburger (30) Tasty Tater Tots (15) Fresh Fruit in Season (15) 1% & FF White Milk (12) W2D3	<u>Breakfast</u> Hot Ham & Cheese Slider (28) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% & FF White Milk (12) W2D4	<u>Breakfast</u> Pancakes (35) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Spaghetti & Meatsauce(46) Steamed Broccoli Trees(5) Blushing Pears (15) 1% & FF White Milk (12) W2D5
25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
<u>Breakfast</u> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Soft Taco (16) Corn Niblets (16) Juicy Pineapple Tidbits (15) 1% & FF White Milk (12) W3D1	<u>Breakfast</u> WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> WowButter Sand/Yogurt (47) Tasty Tater Tots (15) Fruited Gelatin (18) 1% & FF White Milk (12) W3D2	<u>Breakfast</u> Mini Maple Pancakes (29) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Chick Nuggets w/ Dip Sauce(12) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% & FF White Milk (12) W3D3	<u>Breakfast</u> Cereal (6)& Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) <u>Lunch</u> Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% & FF White Milk (12) W3D4	<u>Breakfast</u> Egg & Cheese Omelet (2) & WG Toast (15) Milk Choice (12), Juice (13-16) <u>Lunch</u> Homestyle Chicken Biscuit (29) Thick Cut Potato Wedges (15) Warm Baked Apples (12) 1% & FF White Milk (12) W3D5



() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate

