



# MARCH

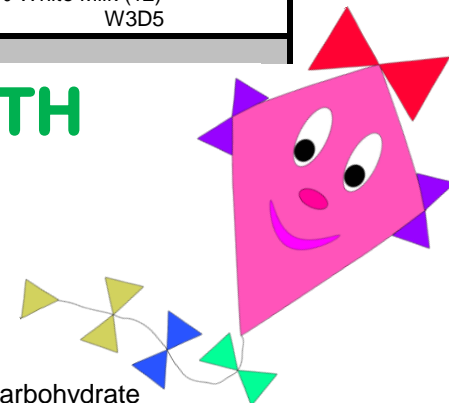
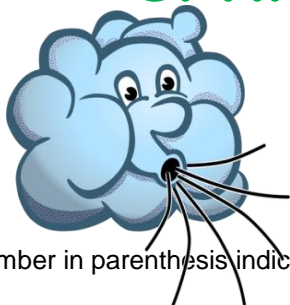


## Kingsport City Schools Palmer Menu SY 19-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
<b>Breakfast</b> Cereal (6) & Muffin (27-28) 100% Juice (13-16) 1% White Milk (12) <b>Lunch</b> Prize Pizza (33-34) Golden Corn Kernals(16) Flavored Applesauce (13) 1% White Milk (12) W1D1	<b>Breakfast</b> Egg (2) Biscuit (28) 100% Juice (13-16) 1% White Milk (12) <b>Lunch</b> Chicken Poppers (17) Sauce (1-5) Grandma's Green Beans (5) Juicy Pineapple Tidbits (19) 1% White Milk (12) W1D2	<b>Breakfast</b> Bacon,Egg,&Cheese Pizza(16) 100% Juice (13-16) 1% White Milk (12) <b>Lunch</b> Fish Sticks(20)Hushpuppies(20) Baby Green Peas (15) Fresh Fruit in Season (15) 1% White Milk (12) W1D3	<b>Breakfast</b> Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) <b>Lunch</b> Wild Mikes Cheese Bites(28) Marinara Sauce (6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% White Milk (12) W1D4	<b>Breakfast</b> Pancakes (35), Fruit Cup (13-16) 1% & FF White Milk (12) <b>Lunch</b> WowButter Sand (28) String Cheese Tasty Tater Tots (15) Be Mine Cherry Slushie (20) 1% White Milk (12) W1D5
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
<b>Breakfast</b> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Baby Chicken Slider (26) Sweet Green Peas (11) Warm Baked Apples (12) 1% White Milk (12) W2D1	<b>Breakfast</b> Sausage Biscuit (27) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Cheese Stix(32) & Marinara(6) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% White Milk (12) W2D2	<b>Breakfast</b> Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Classic Cheeseburger (30) Potato Smiles (20) Fresh Fruit in Season (15) 1% White Milk (12) W2D3	<b>Breakfast</b> Hot Ham & Cheese Slider (28) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% White Milk (12) W2D4	No School  W2D5
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
<b>Breakfast</b> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Soft Taco (16) Corn Niblets (16) Juicy Pineapple Tidbits (15) 1% White Milk (12) W3D1	<b>Breakfast</b> WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Marvelous Mac & Cheese (35) Mix it Up Vegetables (5) Fruited Gelatin (18) 1% White Milk (12) W3D2	<b>Breakfast</b> Mini Maple Pancakes (29) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Chick Nuggets w/ Dip Sauce(12) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% White Milk (12) W3D3	<b>Breakfast</b> Cereal (6) & Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) <b>Lunch</b> Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% White Milk (12) W3D4	<b>Breakfast</b> Egg & Cheese Omelet (2) & WG Toast (15) Milk Choice (12), Juice (13-16) <b>Lunch</b> Homestyle Chicken Biscuit (29) Thick Cut Potato Wedges (15) Warm Baked Apples (12) 1% White Milk (12) W3D5



## SPRING BREAK MAR. 23rd - MAR. 27TH



( ) Number in parenthesis indicate carbohydrate grams

\*Sauces & Condiments have 3 to 12 grams of carbohydrate

"USDA is an equal opportunity provider and employer."

