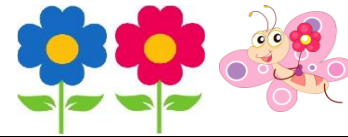


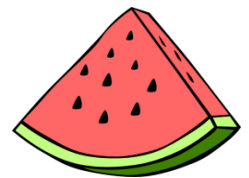


MAY



Kingsport City Schools Palmer Menu SY 18-19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29-Apr	30-Apr	1-May	2-May	3-May
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	Breakfast Pancakes (35) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Spaghetti & Meatsauce(46) Steamed Broccoli Trees(5) Blushing Pears (15) 1% & FF White Milk (12) W2D5
6-May	7-May	8-May	9-May	10-May
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 Meatloaf (7) WG Roll (27) Mix it Up Vegetables (11) 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
13-May	14-May	15-May	16-May	17-May
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
20-May	21-May	22-May	23-May	
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) LAST DAY OF SCHOOL 1/2 DAY W2D4	



() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate

"USDA is an equal opportunity provider and employer."



