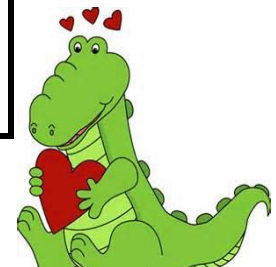
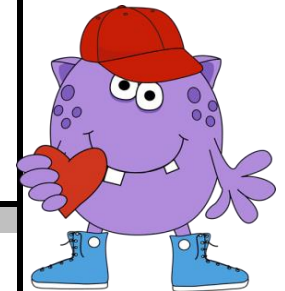




FEBRUARY



Kingsport City Schools Palmer Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Feb	4-Feb	5-Feb	6-Feb	7-Feb
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% White Milk (12) W3D1	Breakfast WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Marvelous Mac & Cheese (35) Mix it Up Vegetables (5) Fruited Gelatin (18) 1% 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% White Milk (12) W3D3	Breakfast Cereal (6)& Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% White Milk (12) W3D4	PARENT CONFERENCES No School
10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
Breakfast Cereal (6) 100% Juice (13-16) 1% White Milk (12) Lunch Prize Pizza (33-34) Golden Corn Kernals(16) Flavored Applesauce (13) 1% White Milk (12) W1D1	Breakfast Egg (2) Biscuit (28) 100% Juice (13-16) 1% White Milk (12) Lunch Chicken Poppers (17) Sauce (1-5) Grandma's Green Beans (5) Juicy Pineapple Tidbits (19) 1% White Milk (12) W1D2	Breakfast Bacon,Egg,&Cheese Pizza(16) 100% Juice (13-16) 1% White Milk (12) Lunch Fish Sticks(20)Hushpuppies(20) Baby Green Peas (15) Fresh Fruit in Season (15) 1% White Milk (12) W1D3	Breakfast Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) Lunch Wild Mikes Cheese Bites(28) Marinara Sauce (6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% White Milk (12) W1D4	Breakfast Pancakes (35), Fruit Cup (13-16) 1% & FF White Milk (12) Lunch WowButter Sand (28) String Cheese Tasty Tater Tots (15) Be Mine Cherry Slushie (20) 1% White Milk (12) W1D5
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
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% White Milk (12) W2D1	Breakfast Sausage Biscuit (27) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Cheese Stix(32) & Marinara(6) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% White Milk (12) W2D2	Breakfast Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Classic Cheeseburger (30) Potato Smiles (20) Fresh Fruit in Season (15) 1% 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% White Milk (12) W2D4	Breakfast Pancakes (35) Fruit Cup (13-16) 1% & FF White Milk (12) Lunch Spaghetti & Meatsauce(46) Steamed Broccoli Trees(5) Be Mine Cherry Slushie (20) 1% White Milk (12) W2D5
24-Feb	25-Feb	26-Feb	27-Feb	28-Feb
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% White Milk (12) W3D1	Breakfast WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Marvelous Mac & Cheese (35) Mix it Up Vegetables (5) Fruited Gelatin (18) 1% 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% White Milk (12) W3D3	Breakfast Cereal (6)& Muffin (27-28) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% 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% White Milk (12) W3D5

() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate

"USDA is an equal opportunity provider and employer."



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