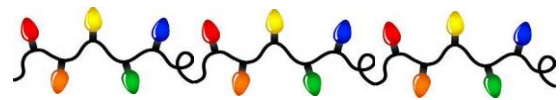




# DECEMBER



## Kingsport City Schools Palmer Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Dec	4-Dec	5-Dec	6-Dec	7-Dec
<b>Breakfast</b> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Sausage Biscuit (27) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Hot Ham & Cheese Slider (28) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Pancakes (35) 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% & FF White Milk (12) W2D1	<b>Lunch</b> Prize Pizza (42) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% & FF White Milk (12) W2D2	<b>Lunch</b> Classic Cheeseburger (30) Tasty Tater Tots (15) Fresh Fruit in Season (15) 1% & FF White Milk (12) W2D3	<b>Lunch</b> Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% & FF White Milk (12) W2D4	<b>Lunch</b> Spaghetti & Meatsauce(46) Steamed Broccoli Trees(5) Blushing Pears (15) 1% & FF White Milk (12) W2D5
10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
<b>Breakfast</b> French Toast Sticks (26) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> WG Biscuit (27) w/Gravy (6) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Yogurt (20), Muffin (23-25) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Cereal (6) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Egg & Cheese Omelet (2) & WG Toast (15) Milk Choice (12), Juice (13-16)
<b>Lunch</b> Soft Taco (16) Corn Niblets (16) Juicy Pineapple Tidbits (15) 1% & FF White Milk (12) W3D1	<b>Lunch</b> Marvelous Mac & Cheese (35) Mix it Up Vegetables (5) Fruited Gelatin (18) 1% & FF White Milk (12) W3D2	<b>Lunch</b> Chick Nuggets w/ Dip Sauce (12) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% & FF White Milk (12) W3D3	<b>Lunch</b> Grilled Cheese Sandwich (30) Bubbly Baked Beans (36) Orange Smiles (15) 1% & FF White Milk (12) W3D4	<b>Lunch</b> Homestyle Chicken Biscuit (29) Thick Cut Potato Wedges (15) Warm Baked Apples (12) 1% & FF White Milk (12) W3D5
17-Dec	18-Dec	19-Dec	20-Dec	21-Dec
<b>Breakfast</b> Cereal (6) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Egg Biscuit (29) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Bacon,Egg,&Cheese Pizza(23) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Yogurt (17), Muffin (21-23) 100% Juice (13-16) 1% & FF White Milk (12)	<b>Breakfast</b> Pancakes (35), Milk (12) 100% Juice (13-16) 1% & FF White Milk (12)
<b>Lunch</b> Prize Pizza (33) Golden Corn Kernals(16) Flavored Applesauce (15) 1% & FF White Milk (12) W1D1	<b>Lunch</b> Chicken Poppers (9) Grandma's Green Beans (5) Juicy Pineapple Tidbits (15) 1% & FF White Milk (12) W1D2	<b>Lunch</b> Toasted Cheese Sandwich (30) Baby Green Peas (11) Fresh Fruit in Season (15) 1% & FF White Milk (12) W1D3	<b>Lunch</b> Cheese Sticks(36) & Sauce(6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% & FF White Milk (12) W1D4	<b>HALF DAY FOR STUDENTS</b> <b>Bag Lunch</b> <b>Christmas / Winter Break</b> <b>Dec 24th - Jan 7th</b> W1D5

Merry Christmas

Happy New Year

( ) Number in parenthesis indicate carbohydrate grams

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

"USDA is an equal opportunity provider and employer."