



APRIL



Kingsport City Schools Palmer Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
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
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
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
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
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 Lasagna Roll(35)Garlic Bread(14) Little Broccoli Trees(5) Orange Smiles (15) 1% & FF White Milk (12) W3D4	SPRING HOLIDAY NO SCHOOL W3D5
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
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



April 29 & April 30 will be on the May Menu.

() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate



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