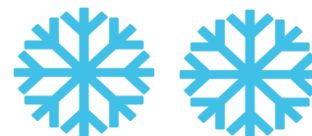




JANUARY



Kingsport City Schools Palmer Menu SY 18-19



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan
IN-SERVICE No School	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)	Breakfast Warm WG Fruit Frudal (36) 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)	Breakfast Hot Ham & Cheese Slider (28) 100% Juice (13-16) 1% & FF White Milk (12) Lunch Chicken Tenders(13) Sauce(12) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% & FF White Milk (12)	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)
W2D1	W2D2	W2D3	W2D4	W2D5
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
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)	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% & FF White Milk (12)	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)	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% & FF White Milk (12)	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)
W3D1	W3D2	W3D3	W3D4	W3D5
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan
MLK Day - No School	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)	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)	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)	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)
W1D1	W1D2	W1D3	W1D4	W1D5
28-Jan	29-Jan	30-Jan	31-Jan	1-Feb
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)	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)	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)	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)	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)
W2D1	W2D2	W2D3	W2D4	W2D5



() Number in parenthesis indicate carbohydrate grams

*Sauces & Condiments have 3 to 12 grams of carbohydrate

"USDA is an equal opportunity provider and employer."



