

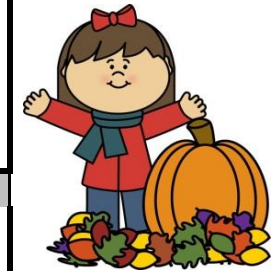


September



Kingsport City Schools Palmer Menu SY 19-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
Labor Day - No school	Breakfast Sausage Biscuit (28) 100% Juice (13-16) 1% White Milk (12) Lunch Prize Pizza (33-34) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% White Milk (12)	Breakfast Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) Lunch Classic Cheeseburger (30) Potato Smiles (20) Fresh Fruit in Season (15) 1% White Milk (12)	Breakfast Hot Ham & Cheese Slider (20) 100% Juice (13-16) 1% White Milk (12) Lunch Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% White Milk (12)	Breakfast Pancakes (35-37) 100% Juice (13-16) 1% White Milk (12) Lunch Spaghetti (22) Meatsauce(17) Steamed Broccoli Trees(5) Blushing Pears (15) 1% White Milk (12)
W2D1	W2D2	W2D3	W2D4	W2D5
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Breakfast French Toast Sticks (22) 100% Juice (13-16) 1% White Milk (12) Lunch Soft Taco (32) Corn Niblets (16) Juicy Pineapple Tidbits (19) 1% White Milk (12)	Breakfast WG Biscuit (28) w/Gravy (5) 100% Juice (13-16) 1% White Milk (12) Lunch Marvelous Mac & Cheese (32) Mix it Up Vegetables (15) Fruited Gelatin (18) 1% White Milk (12)	Breakfast Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) Lunch Chick Nuggets (16) Grandma's Green Beans (5) Fresh Fruit in Season (15) 1% White Milk (12)	Breakfast Cereal (6) 100% Juice (13-16) 1% White Milk (12) Lunch Grilled Cheese Sandwich (30) Bubbly Baked Beans (37) Orange Smiles (15) 1% White Milk (12)	Parent-Teacher Confer. No School
W3D1	W3D2	W3D3	W3D4	W3D5
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
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)	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)	Breakfast Bacon,Egg,&Cheese Pizza(16) 100% Juice (13-16) 1% White Milk (12) Lunch Toasted Cheese Sandwich (30) Baby Green Peas (15) Fresh Fruit in Season (15) 1% White Milk (12)	Breakfast Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) Lunch Breaded Mozz Cheese Sticks(32) Marinara Sauce (6) Little Broccoli Trees(5) Fruited Gelatin (18) 1% White Milk (12)	Breakfast Pancakes (35-37), Milk (12) 100% Juice (13-16) 1% White Milk (12) Lunch WowButter Sand (28) String Cheese Tasty Tater Tots (16) Chilled Sliced Peaches (18) 1% White Milk (12)
W1D1	W1D2	W1D3	W1D4	W1D5
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Breakfast French Toast Sticks (22) 100% Juice (13-16) 1% White Milk (12) Lunch Baby Chicken(18) Sliders (38) Sweet Green Peas (15) Warm Baked Apples (12) 1% White Milk (12)	Breakfast Sausage Biscuit (28) 100% Juice (13-16) 1% White Milk (12) Lunch Prize Pizza (33-34) X-Ray Vision Carrots(16) Fresh Fruit Cup (18) 1% White Milk (12)	Breakfast Yogurt (15), Muffin (23-27) 100% Juice (13-16) 1% White Milk (12) Lunch Classic Cheeseburger (30) Potato Smiles (20) Fresh Fruit in Season (15) 1% White Milk (12)	Breakfast Hot Ham & Cheese Slider (20) 100% Juice (13-16) 1% White Milk (12) Lunch Chicken Tenders (13) Buttery Corn Niblets(16) Chilled Sliced Peaches (15) 1% White Milk (12)	Breakfast Pancakes (35-37) 100% Juice (13-16) 1% White Milk (12) Lunch Spaghetti (22) Meatsauce(17) Steamed Broccoli Trees(5) Blushing Pears (15) 1% White Milk (12)
W2D1	W2D2	W2D3	W2D4	W2D5



"USDA is an equal opportunity provider and employer."

() Number in parenthesis indicate carbohydrate grams