

September 2017

Knox County School District

BREAKFAST



School Information:

September 4th- NO SCHOOL
September 18th- NO SCHOOL



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Cereal Served Daily
Menu is subject to change
Without notice



This institution is an equal opportunity provider.

Breakfast Pizza
Peaches
Milk

1

4

Ham & Cheese Biscuit
Mandarin Oranges
Milk

5

Biscuit & Gravy
Applesauce
Milk

6

Flap Stick
Pears
Milk

7

Breakfast Pizza
Pineapple
Milk

8

11

Pancakes
Peaches
Milk

Sausage & Cheese Biscuit
Mixed Fruit
Milk

12

Biscuit & Gravy
Tropical Fruit
Milk

13

Scrambled Eggs
Pears
Milk

14

Breakfast Pizza
Mandarin Oranges
Milk

15

18

Blueberry Donut
Applesauce
Milk

Ham & Cheese Biscuit
Peaches
Milk

19

Biscuit & Gravy
Fresh Oranges
Milk

20

Flap Stick
Tropical Fruit
Milk

21

Breakfast Pizza
Pears
Milk

22

25

Waffles
Peaches
Milk

Sausage & Cheese Biscuit
Applesauce
Milk

26

Biscuit & Gravy
Mandarin Oranges
Milk

27

Flap Stick
Mixed Fruit
Milk

28

Breakfast Pizza
Pineapple
Milk

29