

November 2017

Knox County School District

BREAKFAST



School Information:

November 6th - NO SCHOOL
November 22nd-24th - 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



Biscuit & Gravy
Peaches
Milk **1**

Flap Stick
Oranges
Milk **2**

Breakfast Pizza
Pears
Milk **3**

NO SCHOOL **6**

Sausage Cheese Biscuit
Tropical Fruit
Milk **7**

Biscuit & Gravy
Applesauce
Milk **8**

Scrambled Eggs
Pineapple
Milk **9**

Blueberry Donut
Peaches
Milk **10**

Waffles
Pears
Milk **13**

Ham & Cheese Biscuit
Mixed Fruit
Milk **14**

Biscuit & Gravy
Tropical Fruit
Milk **15**

Flap Stick
Peaches
Milk **16**

Breakfast Pizza
Mandarin Oranges
Milk **17**

Pancakes
Strawberries
Milk **20**

Sausage Cheese Biscuit
Tropical Fruit
Milk **21**

NO SCHOOL **22**

NO SCHOOL **23**
HAPPY THANKSGIVING!!

NO SCHOOL **24**
HAPPY SHOPPING DAY!

Poptarts
Pears
Milk **27**

Ham & Cheese Biscuit
Mandarin Oranges
Milk **28**

Biscuit & Gravy
Pears
Milk **29**

Cinnamon Roll
Peaches
Milk **30**

This institution is an equal opportunity provider