

# October 2017

## Knox County School District

### BREAKFAST



#### School Information:

October 9<sup>th</sup> - NO SCHOOL  
October 27<sup>th</sup> - 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

Pancakes  
Peaches  
Milk

2

### Tuesday

Ham & Cheese Biscuit  
Mixed Fruit  
Milk

3

### Wednesday

Biscuit & Gravy  
Pears  
Milk

4

### Thursday

Cinnamon Roll  
Applesauce  
Milk

5

### Friday

Breakfast Pizza  
Mandarin Oranges  
Milk

6

NO SCHOOL

9

Sausage & Cheese Biscuit  
Pineapple  
Milk

10

Biscuit & Gravy  
Peaches  
Milk

11

Flap Stick  
Mixed fruit  
Milk

12

Breakfast Pizza  
Tropical Fruit  
Milk

13

Donut  
Peaches  
Milk

16

Ham & Cheese Biscuit  
Tropical Fruit  
Milk

17

Biscuit & Gravy  
Oranges  
Milk

18

Flap Stick  
Apple Slices  
Milk

19

Breakfast Pizza  
Pears  
Milk

20

Waffles  
Applesauce  
Milk

23

Sausage & Cheese Biscuit  
Peaches  
Milk

24

Biscuit & Gravy  
Pears  
Milk

25

Flap Stick  
Pineapple  
Milk

26

NO SCHOOL

27

Pancakes  
Mandarin Oranges  
Milk

30

Scrambled Eggs  
Biscuit & Jelly  
Pears  
Milk

31

This institution is an equal  
Opportunity provider.  
  
Menu subject to change without  
notice

