

April 2018

Knox County School District

BREAKFAST



School Information:

April 2nd - NO SCHOOL
April 16th - NO SCHOOL-SNOW MAKE UP DAY



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

NO SCHOOL

2

Tuesday

Sausage Cheese Biscuit
Peaches
Milk

3

Wednesday

Biscuit & Gravy
Pears
Milk

4

Thursday

Flap Stick
Mandarin Oranges
Milk

5

Friday

Breakfast Pizza
Tropical Fruit
Milk

6

Pancakes
Pears
Milk

9

Ham & Cheese Biscuit
Peaches
Milk

10

Biscuit & Gravy
Mandarin Oranges
Milk

11

Donut
Mixed Fruit
Milk

12

Breakfast Pizza
Pineapple
Milk

13

NO SCHOOL

16

Sausage Cheese Biscuit
Pears
Milk

17

Biscuit & Gravy
Tropical Fruit
Milk

18

Flap Stick
Peaches
Milk

19

Scrambled Eggs
Tropical Fruit
Milk

20

Waffles
Peaches
Milk

23

Sausage Cheese Biscuit
Applesauce
Milk

24

Cereal
Pears
Milk

25

Flap Stick
Tropical Fruit
Milk

26

Breakfast Pizza

27

Pancakes
Pineapple
Milk

30

This institution is an equal
opportunity provider

