

# April 2018

## Knox County School District

### LUNCH



#### School Information:

April 2<sup>nd</sup> - NO SCHOOL  
April 16<sup>th</sup> - 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

Chicken Parmesan  
Green Beans  
Peaches  
Milk

3

### Wednesday

Corn Dog  
Mixed Veggies  
Pears  
Milk

4

### Thursday

Cheeseburger/Bun  
Fries  
Tropical Fruit  
Milk

5

### Friday

Popcorn Chicken  
Cauliflower  
Mixed Fruit  
Milk

6

Tenderloin/Bun  
Broccoli  
Mandarin Oranges  
Milk

9

Chicken Fillet  
Mashed Potatoes & Gravy  
Pears  
Cookie  
Milk

10

Pizza  
Corn  
Pineapple  
Milk

11

Walking Taco  
California Blend  
Peaches  
Milk

12

Corn Dog  
Carrots  
Mixed Fruit  
Milk

13

NO SCHOOL

16

Burrito  
Mixed Veggies  
Fruit  
Milk

17

Hot Dog/Bun  
Winter Blend  
Baked Lays  
Peaches  
Milk

18

Country Fried Steak  
Mashed Potatoes & gravy  
Pears  
Milk

19

Chicken Nuggets  
Green Beans  
Applesauce  
Milk

20

Chicken Patty /Bun  
Corn  
Pears  
Milk

23

Chicken Patty  
Fresh Broccoli  
Applesauce Cup  
Milk

24

Corn Dog  
Baby Carrots  
Fruit Cup  
Milk

25

Beef & Noodles  
Mashed Potatoes  
Mandarin Oranges  
Cookie  
Milk

26

Biscuit & Gravy  
Sausage Links  
Hash Brown  
Tropical Fruit  
Milk

27

Pizza  
Green Beans  
Mixed Fruit  
Cookie  
Milk

30

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