

February 2018

KNOX COUNTY SCHOOL DISTRICT

BREAKFAST



School Information:
Feb 5th - NO SCHOOL
Feb 19th - 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

This institution is an equal opportunity provider

Tuesday



Wednesday

Thursday

Friday

NO SCHOOL

5

Pop Tart
Pineapple
Milk

6

Biscuit & Gravy
Peaches
Milk

7

Flap Stick
Mixed Fruit
Milk

8

Scrambled Eggs
Tropical Fruit
Milk

9

Waffles
Peaches
Milk

12

Sausage Cheese Biscuit
Pineapple
Milk

13

Tac-Go
Peaches
Milk

14

Flap Stick
Apple Slices
Milk

15

Breakfast Pizza
Pears
Milk

16

NO SCHOOL

19

Scrambled Eggs
Tropical Fruit
Milk

20

Biscuit & Gravy
Oranges
Milk

21

Flap Stick
Pears
Milk

22

Breakfast Pizza
Peaches
Milk

23

Pancakes
Mandarin Oranges
Milk

26

Scrambled Eggs
Biscuit & Jelly
Pears
Milk

27

Biscuit & Gravy
Peaches
Milk

28

