

February 2018

Knox County School District

LUNCH



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

Walking Taco
Green Beans
Peaches
Milk

6

Tenderloin/Bun
Winter Blend
Mandarin Oranges
Milk

7

Popcorn Chicken
California Blend
Mandarin Oranges
Milk

8

Chili
Cheese & Crackers
Baby Carrots
Tropical Fruit
Milk

9

Popcorn Chicken
Corn
Tropical Fruit
Milk

12

Pizza
Peas
Pears
Milk

13

Burrito
Mixed Veggies
Peaches
Milk

14

Chicken Nugget/Bun
Carrots
Mixed Fruit
Milk

15

Cheeseburger/Bun
Lima Beans
Pineapple
Milk

16

NO SCHOOL

19

Chicken Fajita
Seasoned Rice
Mixed Veggies
Applesauce
Milk

20

Country Fried Steak
Mashed Potatoes & gravy
Mandarin Oranges
Milk

21

Corn Dog
Cauliflower
Tropical Fruit
Milk

22

Beef & Noodles
Mashed Potatoes
Mandarin Oranges
Milk

23

Potato Bar
Chili & Cheese
Broccoli
Pears
Milk

26

Pizza
Carrots
Mandarin Oranges
Milk

27

Tenderloin/Bun
Fries
Mixed Fruit
Milk

28

