

# January 2018

## Knox County School District

### BREAKFAST



#### School Information:

Jan 1<sup>st</sup>-3<sup>rd</sup> - NO SCHOOL

Jan 15<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

1

### Tuesday

NO SCHOOL

2

### Wednesday

NO SCHOOL

3

### Thursday

Flap Stick  
Pears  
Milk

4

### Friday

Breakfast Pizza  
Peaches  
Milk

5

Waffles  
Tropical Fruit  
Milk

8

Ham & Cheese Biscuit  
Mandarin Oranges  
Milk

9

Biscuit & Gravy  
Applesauce  
Milk

10

Flap Stick  
Pears  
Milk

11

Breakfast Pizza  
Pineapple  
Milk

12

NO SCHOOL

15

Sausage Cheese Biscuit  
Mixed Fruit  
Milk

16

Biscuit & Gravy  
Tropical Fruit  
Milk

17

Scrambled Eggs  
Pears  
Milk

18

Breakfast Pizza  
Mandarin Oranges  
Milk

19

Blueberry Donut  
Applesauce  
Milk

22

Ham & Cheese Biscuit  
Peaches  
Milk

23

Biscuit & Gravy  
Oranges  
Milk

24

Flap Stick  
Tropical Fruit  
Milk

25

Breakfast Pizza  
Pears  
Milk

26

Waffles  
Peaches  
Milk

29

Sausage Cheese Biscuit  
Applesauce  
Milk

30

Biscuit & Gravy  
Mandarin Oranges  
Milk

31

This Institution is an equal opportunity provider

