

January 2018

Knox County School District



School Information:

Jan 1st-3rd- NO SCHOOL
 Jan 15th- 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

Pizza
 Carrots
 Applesauce
 Milk

4

Friday

Chicken Parmesan
 Green Beans
 Tropical Fruit
 Milk

5

Chicken Nuggets
 Peas
 Applesauce
 Milk

8

Tenderloin/Bun
 Cauliflower
 Peaches
 Milk

9

Calzone
 Broccoli
 Peas
 Milk

10

Pulled Pork/Bun
 Baked Lays
 Baked Beans
 Mandarin Oranges
 Milk

11

Burrito
 Mixed Veggies
 Tropical Fruit
 Milk

12

NO SCHOOL

15

Cheeseburger
 Oven Fries
 Pineapple
 Milk

16

Chicken Fillet
 Mashed Potatoes & Gravy
 Mixed Fruit
 Milk

17

Corn Dog
 California Blend
 Peaches
 Milk

18

Walking Taco
 Carrots
 Peas
 Milk

19

Mcrib/Bun
 Broccoli
 Tropical Fruit
 Milk

22

Calzone
 Corn
 Peaches
 Milk

23

Popcorn Chicken
 Cauliflower
 Tropical Fruit
 Milk

24

Beef & Noodles
 Mashed Potatoes
 Mandarin Oranges
 Cookie
 Milk

25

Chicken Patty/ Bun
 Green Beans
 Mixed Fruit
 Milk

26

Chicken Parmesan
 Lima Beans
 Peaches
 Milk

29

Country Fried Steak
 Mashed Potatoes & Gravy
 Peas
 Milk

30

Cheeseburger/Bun
 California Blend
 Tropical Fruit
 Milk

31

