

# March 2018

## Knox County School District

### BREAKFAST



#### School Information:

March 16<sup>th</sup> - NO SCHOOL  
 March 29<sup>th</sup> - SNOW MAKE UP DAY  
 March 30<sup>th</sup> - 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

### Tuesday

### Wednesday

### Thursday

### Friday



Pancakes  
 Peaches  
 Milk

5

Sausage Cheese Biscuit  
 Pears  
 Milk

6

Biscuit & Gravy  
 Tropical Fruit  
 Milk

7

Scrambled Eggs  
 Applesauce  
 Milk

8

Donut  
 Yogurt  
 Mandarin Oranges  
 Milk

9

Poptarts  
 Fruit Cup  
 Milk

12

Ham & Cheese Biscuit  
 Applesauce  
 Milk

13

Biscuit & Gravy  
 Mixed Fruit  
 Milk

14

Flap Stick  
 Peaches  
 Milk

15

NO SCHOOL

16

Waffles  
 Mixed Fruit  
 Milk

19

Sausage Cheese Biscuit  
 Mandarin Oranges  
 Milk

20

Biscuit & gravy  
 Tropical Fruit  
 Milk

21

Blueberry Donut  
 Applesauce  
 Milk

22

Breakfast Pizza  
 Peaches  
 Milk

23

Pancakes  
 Applesauce  
 Milk

26

Ham & Cheese Biscuit  
 Grapes  
 Milk

27

Biscuit & Gravy  
 Oranges  
 Milk

28

NO SCHOOL

29

NO SCHOOL

30