

# May 2018

## Knox County School District



**School Information:**

May 20<sup>th</sup> - Graduation  
 May 24<sup>th</sup> - early out/Last Day of School  
 May 25<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> - Snow make up days



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

1  
 Popcorn Chicken  
 Cauliflower  
 Apple Slices  
 Milk

2  
 Country Fried Steak  
 Mashed Potatoes & Gravy  
 Applesauce  
 Milk

3  
 Tenderloin/Bun  
 Broccoli  
 Peaches  
 Milk

4  
 Corndog/ Pizza Lunch kit (ELEM)  
 Baked Lays  
 Fruit Cup  
 Milk

7  
 Cheeseburger on Bun  
 Fries  
 Tropical Fruit  
 Milk

8  
 Chicken Patty on Bun  
 Corn  
 Peaches  
 Milk

9  
 Burrito  
 Mixed Veggies  
 Flavored Rice  
 Pears  
 Milk

10  
 Beef & Noodles  
 Mashed Potatoes  
 Mandarin Oranges  
 Hot Roll  
 Cookie  
 Milk

11  
 Mcrib on Bun  
 Carrots  
 Applesauce  
 Milk

14  
 Hot Dog  
 Macaroni & Cheese  
 Baby Carrots  
 Mixed Fruit  
 Milk

15  
 Cooks Choice  
 Peas  
 Pears  
 Milk

16  
 Pizza  
 Green Beans  
 Peaches  
 Pudding  
 Milk

17  
 Chicken Parmesan  
 Corn  
 Tropical Fruit  
 Milk

18  
 Chicken Nuggets  
 Broccoli  
 Mandarin Oranges  
 Milk

21  
 Corndog  
 Cauliflower  
 Peaches  
 Milk

22  
 BBQ Burger  
 Baked Lays  
 Fruit Cup  
 Cookie  
 Milk

23  
 Country Fried Steak  
 Mashed Potatoes & Gravy  
 Applesauce  
 Milk

24  
 Popcorn Chicken  
 Lima Beans  
 Pears  
 Milk

25  
 BBQ Hot Dogs  
 Baked Beans  
 Coleslaw  
 Fruit Cup  
 Milk

28

29

30

31

