

# March 2018

## Knox County School District

### LUNCH



#### 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

This Institution is  
 An equal  
 Opportunity  
 Provider

Chicken Fillet/ Bun  
 California Blend  
 Tropical Fruit  
 Milk

5

Country Fried Steak  
 Mashed Potatoes & Gravy  
 Peaches  
 Milk

6

Tenderloin/Bun  
 Broccoli  
 Apple Slices  
 Milk

7

Cheeseburger/Bun  
 Fries  
 Mixed Fruit  
 Milk

8

Burrito  
 Green Beans  
 Pears  
 Cookie  
 Milk

9

Pizza  
 Carrots  
 Tropical Fruit  
 Milk

12

Corn Dog  
 Corn  
 Mandarin Oranges  
 Cookie  
 Milk

13

McRib/Bun  
 Winter Blend  
 Pineapple  
 Milk

14

Chicken & Noodles  
 Mashed Potatoes  
 Hot Roll  
 Pears  
 Milk

15

NO SCHOOL

16

Popcorn Chicken  
 Green Beans  
 Peaches  
 Milk

19

Taquito  
 Seasoned Rice  
 Mixed Veggies  
 Tropical Fruit  
 Milk

20

Parmesan Chicken  
 Carrots  
 Mandarin Oranges  
 Milk

21

Chicken Leg  
 Mashed Potatoes & Gravy  
 Applesauce  
 Milk

22

Cheeseburger/Bun  
 Cauliflower  
 Mixed Fruit  
 Milk

23

Chicken Patty/Bun  
 Tator Tots  
 Mandarin Oranges  
 Milk

26

Pig in a Blanket  
 Corn  
 Pears  
 Milk

27

Pizza  
 Broccoli  
 Peaches  
 Milk

28

Country Fried Steak  
 Mashed Potatoes & Gravy  
 Peaches  
 Cookie  
 Milk

29

NO SCHOOL

30