

# November 2016

## KNOX COUNTY SCHOOL DISTRICT

### BREAKFAST



**School Information:** NOV 4<sup>th</sup>- NO SCHOOL  
NOV 23<sup>rd</sup>-25<sup>th</sup>- NO SCHOOL  
THANKSGIVING BREAK



**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



Ham & Cheese Biscuit **1**  
Pineapple  
Milk  
Juice

Biscuit & Gravy **2**  
Pears  
Milk  
Juice

Flap Stick **3**  
Mandarin Oranges  
Milk  
Juice

NO SCHOOL **4**

Waffles **7**  
Peaches  
Milk  
Juice

Sausage & Cheese Biscuit **8**  
Oranges  
Milk  
Juice

Biscuit & Gravy **9**  
Tropical Fruit  
Milk  
Juice

Scrambled Eggs **10**  
Pears  
Milk  
Juice

Breakfast Pizza **11**  
Pineapple  
Milk  
Juice

Pancakes **14**  
Mixed Fruit  
Milk  
Juice

Apple Filled Bosco Stick **15**  
Pears  
Milk  
Juice

Biscuit & Gravy **16**  
Apple Slices  
Milk  
Juice

Flap Stick **17**  
Peaches  
Milk  
Juice

Breakfast Pizza **18**  
Mandarin Oranges  
Milk  
Juice

Donut **21**  
Cinnamon Applesauce  
Milk  
Juice

Ham & Cheese Biscuit **22**  
Grapes  
Milk  
Juice

NO SCHOOL **23**

NO SCHOOL **24**  
HAPPY THANKSGIVING

NO SCHOOL **25**  
HAPPY SHOPPING DAY!!

Waffles **28**  
Mandarin Oranges  
Milk  
Juice

Sausage Cheese Biscuit **29**  
Pineapple  
Milk  
Juice

Biscuit & Gravy **30**  
Peaches  
Milk  
Juice

