

November 2016

Knox County School District

LUNCH



School Information: Nov 4th - NO SCHOOL
Nov 23rd - 25th - NO SCHOOL
THNAKSGIVING 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

Chicken Parmesan
Corn
Pears
Milk

7

Nachos & Cheese
California Blend
Tropical Fruit
Milk

8

Pizza
Green Beans
Fruit
Milk

9

Chili
Carrots
Crackers & Cheese
Cinnamon Roll
Mandarin Oranges
Milk

10

Popcorn Chicken
Mixed Veggies
Peaches
Milk

11

Cheeseburger on Bun
Curly Fries
Pineapple
Milk

14

Country Fried Steak
Mashed Potatoes
Pears
Milk

15

Corn Dog
Cauliflower
Tropical Fruit
Milk

16

Pizza
Lima Beans
Peaches
Milk

17

Chicken Nuggets
Corn
Mixed Fruit
Milk

18

Chicken Filet
Mashed Potatoes & Gravy
Peaches
Cookie
Milk

21

Soft Shell Taco
Mixed Veggies
Mandarin Oranges
Milk

22

NO SCHOOL

23

NO SCHOOL
HAPPY THANKSGIVING

24

NO SCHOOL
HAPPY SHOPPING

25

Pizza
Green Beans
Apple Slices
Milk

28

Chicken Patty on Bun
Cauliflower
Oranges
Milk

29

Beef & Noodles
Mashed Potatoes
Tropical Fruit
Milk

30

This institution is an equal opportunity provider

