

# April 2017

## Knox County School District

### BREAKFAST



**School Information:** April 12<sup>th</sup>-17- 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

Pancakes  
Tropical Fruit  
Milk  
Juice

3

### Tuesday

Sausage & Cheese Biscuit  
Pears  
Milk  
Juice

4

### Wednesday

Biscuit & Gravy  
Applesauce  
Milk  
Juice

5

### Thursday

Flap Stick  
Peaches  
Milk  
Juice

6

### Friday

Breakfast Pizza  
Pineapple  
Milk  
Juice

7

Donut  
Mandarin Oranges  
Milk  
Juice

10

Ham & Cheese Biscuit  
Peaches  
Milk  
Juice

11

NO SCHOOL

12

NO SCHOOL

13

NO SCHOOL

14

NO SCHOOL

17

Sausage Cheese Biscuit  
Pears  
Milk  
Juice

18

Biscuit & Gray  
Oranges  
Milk  
Juice

19

Scrambled Eggs  
Tropical Fruit  
Milk  
Juice

20

Breakfast Pizza  
Peaches  
Milk  
Juice

21

French Toast Sticks  
Mixed Fruit  
Milk  
Juice

24

Cinnamon Roll  
Tropical Fruit  
Milk  
Juice

25

Biscuit & Gravy  
Grapes  
Milk  
Juice

26

Flap Stick  
Pears  
Milk  
Juice

27

Breakfast Pizza  
Applesauce  
Milk  
Juice

28



This Institution is an equal opportunity provider

