

# February 2017

## Knox County School District

### BREAKFAST



**School Information:** Feb 3<sup>rd</sup> - NO SCHOOL  
Feb 20<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

This institution is an equal opportunity provider

Menu subject to change  
Without notice

### Tuesday



### Wednesday

### Thursday

### Friday

Waffles  
Grapes  
Milk

6

Ham & Cheese Biscuit  
Oranges  
Milk

7

Biscuit & Gravy  
Pears  
Milk

8

Scrambled Eggs  
Peaches  
Milk

9

NO SCHOOL

3

Donut  
Pears  
Milk

13

Sausage Links  
Hash Brown  
Milk

14

Biscuit & Gravy  
Apple Slices  
Milk

15

Flap Stick  
Tropical Fruit  
Milk

16

Breakfast Pizza  
Mandarin Oranges  
Milk

17

NO SCHOOL

20

Sausage Cheese Biscuit  
Pears  
Milk

21

Biscuit & Gravy  
Peaches  
Milk

22

Scrambled Eggs  
Mixed Fruit  
Milk

23

Breakfast Pizza  
Fruit  
Milk

24

Waffles  
Pears  
Milk

27

Ham & Cheese Biscuit  
Oranges  
Milk

28

