

# May 2017

## Knox County School District

### BREAKFAST



**School Information:** May 19<sup>th</sup> - Early Out  
Last day of 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  
Peaches  
Milk

1

### Tuesday

Sausage Cheese Biscuit  
Pears  
Milk

2

### Wednesday

Biscuits & Gravy  
Applesauce  
Milk

3

### Thursday

Flap Stick  
Mandarin Oranges  
Milk

4

### Friday

Breakfast Pizza  
Pineapple  
Milk

5

Tac Go  
Grapes  
Milk

8

Ham & Cheese Biscuit  
Oranges  
Milk

9

Biscuit & Gravy  
Peaches  
Milk

10

Scrambled Eggs  
Pears  
Milk

11

Breakfast Pizza  
Applesauce  
Milk

12

Waffles  
Pears  
Milk

15

Cooks Choice  
Fruit  
Milk

16

Biscuit & Gravy  
Fruit  
Milk

17

Cooks Choice  
Fruit  
Milk

18

Cooks Choice  
Fruit  
Milk

19

22

23

24

25

26

29

30

31

