

# August 2017

## Knox County School District

### BREAKFAST



**School Information:**  
Aug 23<sup>rd</sup> - First 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



### Tuesday

### Wednesday

### Thursday

### Friday

1

2

3

4

7

8

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11

14

15

16

17

18

21

22

Biscuit & Gravy  
Applesauce  
Milk

23

Flap Stick  
Peaches  
Milk

24

Breakfast Pizza  
Pears  
Milk

25

Pancakes  
Mandarin Oranges  
Milk

28

Sausage Cheese Biscuit  
Tropical Fruit  
Milk

29

Biscuit & Gravy  
Pineapple  
Milk

30

Flap Stick  
Mixed Fruit  
Milk

31