

# August 2017

## Knox County School District

### LUNCH



**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



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Chicken Filet  
Green Beans  
Tropical Fruit  
Milk

County Fried Steak  
Mashed Potatoes & Gravy  
Peaches  
Cookie  
Milk

Popcorn Chicken  
Oven Fries  
Pears  
Milk

Corn Dog  
Cauliflower  
Mandarin Oranges  
Milk

28

Cheeseburger  
California Blend  
Applesauce  
Milk

29

Calzone  
Corn  
Peaches  
Milk

30

Chicken & Noodles  
Mashed Potatoes  
Pears  
Roll  
Milk

31

