



School Information: Fort Knox Schools will be offering **FREE Breakfast and Lunch to ALL CHILDREN.**

This institution is an Equal Opportunity Employer



Nutrition Tip: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

Assorted Milk served with all meals.

Monday

Mini French Toast

1

Fruit
Fruit Juice

Tuesday

Sausage Egg Croissant

2

Fruit
Fruit Juice

Wednesday

Yogurt with Grahams

3

Fruit
Fruit Juice

Thursday

Sausage Gravy Dunkers

4

Fruit
Fruit Juice

Friday

Cinni Mini

5

Fruit
Fruit Juice

CELEBRATE

8

Mini Sausage Pancake

Fruit
Fruit Juice

NATIONAL

9

Chicken Biscuit

Fruit
Fruit Juice

SCHOOL

10

Pancake with Syrup

Fruit
Fruit Juice

BREAKFAST

11

Cinnamon Biscuit Sticks

Fruit
Fruit Juice

WEEK

12

Sweetheart Donut

Fruit
Fruit Juice

Breakfast Muffin

15

Fruit
Fruit Juice

Omelet with Toast

16

Fruit
Fruit Juice

Yogurt with Graham

17

Fruit
Fruit Juice

Yogurt with Cinni Biscuit

18

Fruit
Fruit Juice

Cinnamon Roll

19

Fruit
Fruit Juice

Apple Strudel

22

Fruit
Fruit Juice

French Toast Sticks

23

Fruit
Fruit Juice

Breakfast Muffin

24

Fruit
Fruit Juice

Mini Sausage Pancake Bites

25

Fruit
Fruit Juice

Cinni Mini

26

Fruit
Fruit Juice

NO School

29

Cereal, Fruit, Juice

**Meal Pick up @ Kingsolver
From 10:30 to 12:00**

You will receive 2 days meals.

NO School

30

Muffin, fruit, Juice

**Meal Pick up @ Kingsolver on
March 29th**

From 10:30 to 12:00

French Toast Swirl

31

Fruit
Fruit Juice

Daily Meal pick up on School

Days for Virtual students at :

High School 9:15 to 9:45
Van Voorhis 9:45 to 10:15
Kingsolver 10:00 to 10:30

