

March 2021

Fort Knox Middle / High School in house

LUNCH



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 getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

Assorted Milk served with all meals

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Nuggets / Roll 1
Mashed Potatoes
Green Beans
Fruit

Cowboy Burger on Bun 2
Broccoli
Sweet Potato Puffs
Fruit

Sloppy Joe on Bun 3
Baked Beans
Goldfish
Fruit

Hot Dog on Bun 4
Pea and Carrots
Fruit Juice
Fruit

Cheese Breadstick with Marinara Sauce 5
Sunshine Carrots
Fruit

Chicken Fajita Wrap 8
Spanish Rice
Refried Beans
Fruit

Salisbury Steak or Turkey Sandwich 9
Macaroni & Cheese
Mixed Vegetables / Fruit

Pulled Pork on Bun 10
Roasted Cauliflower
Cole Slaw
Fruit

Pancake w/ Syrup 11
Sausage Pattie
Spinach Salad
Fruit / Fruit Juice

Buffalo Pizza 12
Tater Tots
Raw Vegetable Cup
Fruit

Chicken Nuggets Roll 15
Mashed Potatoes
Green Beans / Fruit

Cajun Chicken Alfredo / Roll 16
Broccoli
Fruit

Happy St. Patrick's Day Beef Nachos w/Salsa 17
Steamed Rice
Refried Beans/Fruit

Philly Steak Sandwich 18
Oven Fries
California Blend
Fruit

Cheese Breadstick with Marinara Sauce 19
Celery Sticks with Dressing
Fruit

Chicken Pattie / Bun 22
Sweet Potato Puffs
Steamed Corn
Fruit

Teriyaki Chicken 23
Fried Rice
Oriental Vegetables
Fruit

Spaghetti w/ Meat Sauce 24
Garlic Bread/Broccoli
Tossed Salad/Fruit

Cheeseburger 25
Baked Beans
Fruit
Fruit Juice

Pizza 26
Oven Fries
Green Beans
Fruit

NO School 29
Chicken Nuggets
Vegetable / Fruit
Meal Pick up at Kingsolver from 10:30 to 12:00 (you receive 2 meals)

NO School 30
Corn Dog, Vegetable, fruit
Meal Pick up at Kingsolver on MARCH 29th from 10:30-12:00

Chicken & Waffle 31
Peas and Carrots
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

