

March 2021

Fort Knox K-6 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

1

Dinner Roll
Mashed Potatoes
Green Beans
Fruit

Cheeseburger

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

Pancakes /Syrup

11

Sausage Pattie
Sunshine Carrots
Fruit / Fruit Juice

Pizza

12

Tater Tots
Raw Vegetable Cup
Fruit

Chicken Nuggets

15

Dinner Roll
Mashed Potatoes
Green Beans
Fruit

Chicken Alfredo

16

Dinner Roll
Broccoli
Fruit

Happy St. Patrick's Day

Beef Nachos w/Salsa

17

Steamed Rice
Refried Beans/Fruit

Hog Dog on Bun

18

California Blend
Fruit

Cheese Breadstick with Marinara Sauce

19

Celery Sticks with Dressing
Cheez-it /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 Juice
Fruit

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

