

October 2021

Fort Knox Schools K-6 Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.



1
Cheesy Bread
Sticks with
Marinara Sauce
Peas and Carrots
Baby Carrots
Mixed Fruit
Assorted Milk

4
Hot Dog on Bun
Baked Beans
Coleslaw
Peaches
Assorted Milk

5
Chicken Fajitas
Onion / Peppers
Salsa
Mexicali Corn
Orange Smiles
Assorted Milk

6
NO SCHOOL



7
NO SCHOOL



8
NO SCHOOL



11
NO SCHOOL



12
NO SCHOOL



13
Chicken & Waffles
Oven Fries
Green Beans
Pears
Asst. Milk

14
Breakfast for Lunch
French Toast Sticks
Sausage
Sweet Potato Gems
Cereal / Yogurt
Cherry Tomatoes
Asst. Milk

15
Hot Dog on Bun
Potato Wedges
Broccoli w/ Cheese
Pineapple
Asst. Milk

18
Chicken Nuggets
With Dip
Macaroni & Cheese
California Blend
Peaches
Asst. Milk

19
Cheeseburger
Lettuce & Tomato
Baked Beans
Pears
Asst. Milk

20
Spaghetti with
Meat Sauce
Garlic Bread
Side Salad
Mixed Fruit
Assorted Milk

21
Corn Dog
Oven Fries
Mixed Vegetables
Pineapple
Assorted Milk

22
Pizza
Green Peas
Baby Carrots
Applesauce
Assorted Milk

25
Grilled Cheese
Sandwich
Tomato Soup
Veggie Sticks
Apple Slices
Assorted Milk

26
Beef & Broccoli Bowl
With Fried Rice
Egg Roll
Broccoli
Mandarin Orange
Assorted Milk

27
Beef Tacos
With toppings
Refried Beans
Peaches
Assorted Milk

28
Mummy Dogs
Spider Beans
Red Eyes
Blue Applesauce
Zombie Cake
Assorted Milk

29
NO SCHOOL

To qualify for any benefits such as P-EBT Program, Waived ACT Testing Fees, etc., your family must have an up-to-date Meal application on file. Fill out a Meal Application for SY 2021/22 online at:

www.lunchapplication.com

Fort Knox Schools will be offering FREE Breakfast and Lunch to ALL CHILDREN

Meal Pick up
On School days meals for your children at home can be picked up at the following locations
Kingolsver
Van Voorhis
From 10:00 to 10:30

Menu is subject to change without notice

This institution is an Equal Opportunity