

# October 2021

# FT. KNOX MIDDLE-HIGH SCHOOL 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 / OJ  
Assorted Milk

**4**  
**Chili Dog on Bun**  
Baked Beans  
Coleslaw  
Peaches  
Fresh Fruit  
Assorted Milk

**5**  
**Chicken Fajitas**  
Onion / Peppers  
Salsa  
Mexicali Corn  
Orange Smiles /  
Fruit Punch  
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 / OJ  
Asst. Milk

**14**  
**Breakfast for Lunch**  
French Toast Sticks  
Sausage  
Sweet Potato Gems  
Cereal / Yogurt  
V-8  
Asst. Milk

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

**18**  
**Chicken Nuggets With Dip**  
Macaroni & Cheese  
California Blend  
Baby Carrots  
Peaches / Apples  
Asst. Milk

**19**  
**Cheeseburger**  
Lettuce & Tomato  
Oven Fries  
Baked Beans  
Pears  
Asst. Milk

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

**21**  
**Corn Dog**  
Oven Fries  
Mixed Vegetables  
Pineapple  
Banana  
Assorted Milk

**22**  
**Pizza**  
Green Peas  
Baby Carrots  
Applesauce  
Orange  
Assorted Milk

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

**26**  
**Beef & Broccoli Bowl**  
Fried Rice  
Egg Roll / Broccoli  
Fresh Pear  
Mandarin Orange  
Assorted Milk

**27**  
**Beef Tacos With toppings / Salsa**  
Mexican Rice  
Refried Beans  
Applesauce  
Fruit Mix

**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](http://www.lunchapplication.com)

**Fort Knox Schools is 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