

# NOVEMBER 2022

## Fort Knox Schools K-12 Menu

### BREAKFAST



To qualify for any benefits such as waived ACT Testing Fees, etc., your family must have an up-to-date meal application on file. Fill out a Meal Application at <https://family.titank12.com>



**November 25 is National Parfait Day!** Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt to add variety throughout the year.

**Menus are subject to change without notice.**

**This institution is an equal opportunity provider.**



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Meal Prices:**  
Full Price \$2.00  
Reduced Price \$.30

**Adult Price \$3.10**

#### Mini Pancakes w/Syrup 1

Fresh Apple  
Grape Juice  
Assorted Milk

#### Apple Strudel 2

Orange Wedges  
100% Fruit Punch  
Assorted Milk

#### National Sandwich Day Sausage, Egg & Cheese on a Biscuit 3

Diced Pears  
Apple Juice  
Assorted Milk

#### Carmel Apple Parfait w/Granola 4

Pineapple Chunks  
Orange Juice  
Assorted Milk

#### Pancakes w/Syrup 7

Apple Slices  
100% Fruit Punch  
Assorted Milk

#### Mini Cinnis 8

Peach Slices  
Orange Juice  
Assorted Milk

#### Cereal Bar 9

Yogurt Fruit Cup  
Craisins  
Apple Juice  
Assorted Milk

#### Chicken Biscuit 10

Mixed Fruit  
Grape Juice  
Assorted Milk

#### Veterans Day No School 11



#### Pancake Sausage Wrap w/Syrup 14

Apple  
Orange Juice  
Assorted Milk

#### Carmel Apple Parfait w/Granola 15

Diced Peaches  
Grape Juice  
Assorted Milk

#### Breakfast Pizza 16

Banana  
100% Fruit Punch  
Assorted Milk

#### Scrambled Eggs w/Sausage Pattie and Toast 17

Diced Pears  
Apple Juice  
Assorted Milk

#### Cinnamon Roll 18

Baked Apples  
Grape Juice  
Assorted Milk

#### Waffles w/Syrup 21

Craisins  
100% Fruit Punch  
Assorted Milk

#### Apple Strudel 22

Fresh Apple  
Orange Juice  
Assorted Milk

#### No School 23

#### Thanksgiving No School 24



#### No School 25

#### Pop Tarts 28

Orange Wedges  
Grape Juice  
Assorted Milk

#### French Toast Sticks w/Syrup 29

Applesauce  
Orange Juice  
Assorted Milk

#### Donuts 30

Fresh Pear  
Apple Juice  
Assorted Milk

