

DECEMBER 2022

FORT KNOX SCHOOLS MENU

BREAKFAST



Great News Parents!! You are now able to make your online payments at <https://family.titank12.com>.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

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MONDAY

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

Adult Price \$3.10



TUESDAY

Cereal will be offered daily
as a second choice

WEDNESDAY



THURSDAY

FRIDAY

Pancakes w/Syrup 5

Peach Slices
Apple Juice
Assorted Milk

Mini Cinnis 6

Apple Slices
Grape Juice
Assorted Milk

Blueberry Scone 7

Craisins
Orange Juice
Assorted Milk

Chicken Biscuit 8

Mixed Fruit
100% Fruit Punch
Assorted Milk

Waffles w/Syrup 9

Diced Pears
Grape Juice
Assorted Milk

Pancake Sausage Wrap 12

Apple
Orange Juice
Assorted Milk

Caramel Apple Parfait w/Granola 13

Fresh Pear
Pineapple Tidbits
Assorted Milk

Apple Strudel 14

Banana
Apple Juice
Assorted Milk

Pop Tarts 15

Orange Wedges
100% Fruit Punch
Assorted Milk

Cereal Bar w/Yogurt 16

Craisins
Grape Juice
Assorted Milk

Winter Break 19

Winter Break 20

Winter Break 21

Winter Break 22

Winter Break 23

Winter Break 26



Winter Break 27

Winter Break 28

Winter Break 29

Menus are subject 30
to change without prior
notice.
This institution is an equal
opportunity provider.