

DECEMBER 2022

FORT KNOX K-6 MENU

LUNCH



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



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Menu Prices:
Full \$3.00
Reduced \$.40

Adult \$4.85



TUESDAY

Cheese Pizza will be offered as a second choice daily.

WEDNESDAY



THURSDAY

FRIDAY

Grilled Cheese Sandwich 5
Tomato Soup
Tossed Salad w/Dressing
Applesauce
Assorted Milk

BBQ Pulled Pork on a Bun 6
Baked Beans
Coleslaw
Diced Pears
Assorted Milk

Orange Chicken 7
Fried Rice/Egg Roll
Oriental Vegetables
Mandarin Oranges
Assorted Milk

Sloppy Joe on a Bun 8
Sweet Potato Tots
Broccoli
Apple
Assorted Milk

Pepperoni Pizza 9
French Fries
Baby Carrots w/Dip
Apple Juice
Assorted Milk

Chicken Nuggets w/Roll 12
Mashed Potatoes
Sunshine Carrots
Fresh Pear
Assorted Milk

Corn Dogs 13
French Fries
Celery Sticks
Cherries
Assorted Milk

Chicken Fajita w/Onion & Peppers 14
Salsa
Refried Bean
Grape Juice
Assorted Milk

Spaghetti w/Meat Sauce 15
Garlic Toast
Broccoli
Banana
Assorted Milk

Fish Nuggets w/Roll 16
Coleslaw
Macaroni and Cheese
Apple Slices
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 to change without prior notice. This institution is an equal opportunity provider. 30