



Fort Knox Community Schools ~ October Breakfast Menus



	<p>Cereal and yogurt with toast are offered daily as a choice.</p> <p>Menu is subject to change without prior notice.</p>	<p>WED ~ OCTOBER 1</p> <p>Pancake Sausage Stick w/Syrup Oatmeal Fresh Fruit Assorted Drinks</p>	<p>THU ~ OCTOBER 2</p> <p>Chicken Biscuit Jelly Potato Wedges Chilled Fruit Assorted Drinks</p>	<p>FRI ~ OCTOBER 3</p> <p>NO SCHOOL</p>
<p>MON ~ OCTOBER 6</p>	<p>TUE ~ OCTOBER 7</p>	<p>WED ~ OCTOBER 8</p>	<p>THU ~ OCTOBER 9</p>	<p>FRI ~ OCTOBER 10</p>
<p>NO SCHOOL 6 - 10 Oct.</p>		<p>FALL BREAK</p>		
<p>MON ~ OCTOBER 13</p>	<p>TUE ~ OCTOBER 14</p>	<p>WED ~ OCTOBER 15</p>	<p>THU ~ OCTOBER 16</p>	<p>FRI ~ OCTOBER 17</p>
<p>COLUMBUS DAY NO SCHOOL</p>	<p>Cereal Bar Oatmeal Fresh Fruit Assorted Drinks</p>	<p>Breakfast Taco Farina Chilled Fruit Assorted Drinks</p>	<p>Sausage Biscuit Jelly Tater Tots Fresh Fruit Assorted Drinks</p>	<p>Toasted Bagel Omelet Chilled Fruit Assorted Drinks</p>
<p>MON ~ OCTOBER 20</p>	<p>TUE ~ OCTOBER 21</p>	<p>WED ~ OCTOBER 22</p>	<p>THU ~ OCTOBER 23</p>	<p>FRI ~ OCTOBER 24</p>
<p>French Toast w/Syrup Sliced Ham Chilled Fruit Assorted Drinks</p>	<p>Breakfast Pizza Seasoned Potato Wedges Fresh Fruit Assorted Drinks</p>	<p>Hot Cinnamon Roll Oatmeal Chilled Fruit Assorted Drinks</p>	<p>Toast w/Gravy Breakfast Ham Chilled Fruit Assorted Drinks</p>	<p>Pancake w/Syrup Sausage Orange Slices Assorted Drinks</p>
<p>MON ~ OCTOBER 27</p>	<p>TUE ~ OCTOBER 28</p>	<p>WED ~ OCTOBER 29</p>	<p>THU ~ OCTOBER 30</p>	<p>FRI ~ OCTOBER 31</p>
<p>Breakfast Pocket Grits Chilled Fruit Assorted Drinks</p>	<p>Waffles w/Syrup Ham slices Fresh Fruit Assorted Drinks</p>	<p>Cinnamon & Sugar Bread Sticks Sausage Chilled Fruit Assorted Drinks</p>	<p>Pot Tart Cream of Wheat Orange Wedges Assorted Drinks</p>	<p>Donut, Assorted Farina Fresh Fruit Assorted Drinks (Halloween)</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>GUESS WHAT? THE WORD CEREAL DERIVES FROM THE NAME OF THE ROMAN GODDESS CERES, PROTECTOR OF CROPS. EXERCISE PROMOTES THE GROWTH OF NEW BRAIN CELLS.</p>		<p>Spaghetti w/Meat Sauce & Bread Stick or Oven Fried Chicken Seasoned Potato Wedges Garden Salad Jell-O w/Fruit Asst. Drinks</p>	<p>Beef Enchilada or Pizza Stick or Chef Salad w/ Ham Spanish Rice w/Cheese Corn Assorted Fruit Asst. Drinks</p>	<p>NO SCHOOL</p>	<p>To inquire about account balances please call or email the appropriate school(s)</p> <p><u>Walker Intermediate School</u> 624-7215</p> <p><u>Fort Knox High School</u> 624-7035</p> <p><u>Scott Middle School</u> 624-5588</p> <p><u>Macdonald Intermediate School</u> 624-5143</p> <p><u>Kingsolver Elementary School</u> 624-3619</p>
6	7	8	9	10	<p><u>Mudge Elementary School</u> 624-6724</p> <p><u>Pierce Elementary School</u> 624-6342</p> <p><u>Van Voorhis Elementary School</u> 624-2229</p>
<p>B R E A K F A S T</p>					
<p>COLUMBUS DAY NO SCHOOL</p>	<p>Chicken Tenders or Hot Ham & Cheese or Mashed Potatoes w/Gravy Peas & Carrots Chilled Fruit Sherbet Asst. Drinks</p>	<p>Lasagna w/Garlic Toast or Corn Dog Oven Fries Green Beans Fresh Fruit Asst Drinks</p>	<p>Chicken Patty Sandwich w/Pickles or Meatballs w/Gravy or Cheese Quesadilla Tater Tots Vegetable Medley Cherry Crisp Asst Drink</p>	<p>Pizza or Cheese Bread Sticks w/Marinara Sauce Oven Fries Tossed Salad Rainbow Sherbet Fresh Fruit Asst Drinks</p>	<p>NATIONAL SCHOOL LUNCH WEEK</p>
<p>Macho Nacho or Chicken Nuggets Tater Tots Broccoli Fresh Fruit Chocolate Chip Cookie Asst Drinks</p>	<p>BBQ Beef on Bun or Turkey Del Sandwich or Hot Dog Macaroni Salad Baked Beans Fresh Fruit Asst. Drinks</p>	<p>Baked Ziti w/Roll or Chicken Tenders Mashed Potatoes w/Gravy Green Beans Cherry Crisp Asst. Drinks</p>	<p>Soft Taco or Chicken Alfredo or Toasted Ham & Cheese Oven Browned Potatoes Tossed Salad Fresh Fruit Asst Drinks</p>	<p>Cheeseburger or Hot Wings Oven Fries Relish Tray Banana Pudding Asst Fruit Asst. Drinks</p>	<p><u>Child Nutrition Clerk</u> 624-2345 ext. 10</p> <p><u>Food Service Director</u> 624-7654 ext. 17</p> <p>Menu is subject to change without prior notice.</p>
<p>Chicken Nuggets or Chili Cheese Dog Egg Noodles Glazed Carrots Cinnamon Bread Stick Fresh Fruit Asst Drinks</p>	<p>Oven Fried Chicken or BBQ Ham on Bun or Chef's Choice Macaroni & Cheese Hot Cornbread Pinto Beans Fruit Cobbler Asst Drinks</p>	<p>Taco Salad or Cheeseburger Oven Fries Succotash Fresh Fruit Asst Drinks</p>	<p>Chicken Tenders or Nacho w/Chips or Chicken Lo Mein Fried Rice Vegetable Medley Fresh Fruit Asst Drinks</p>	<p>Chicken Sand W/Pickles or Pizza Seasoned Potato Wedges Corn on Cob Hallween Cake Chilled Fruit Asst. Drinks</p>	