



# FORT KNOX COMMUNITY SCHOOLS

# November 2009



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Chicken Nuggets or Toasted Cheese Sand. **2**  
Seasoned Potato Wedges  
Peas & Carrots  
Chilled Fruit  
Assorted Milk

Nacho Grande or Ham & Cheese Wrap or Chef Salad/Egg **3**  
Steamed Rice  
Green Beans  
Fresh Fruit  
Assorted Milk

Spaghetti w/Meat Sauce **4**  
Garlic Toast or Turkey Deli  
Oven Browned Potatoes  
Tossed Salad  
Jell-O w/Fruit  
Assorted Milk

Oven Fried Chicken w/Biscuit or Nacho Chips w/Peppers or Hot Dog **5**  
Egg Noodles  
Broccoli  
Applesauce  
Assorted Milk

Pizza or Soft Taco **6**  
Oven Fries  
Baked Beans  
Fresh Fruit  
Sherbet  
Assorted Milk

Cheeseburger or Cheese Quesadilla **9**  
Tater Tots  
Corn  
Blueberries Crisp  
Assorted Milk

Chicken Patty on Bun or Toasted Ham & Cheese **10**  
Sandwich or Chili Bowl w/Sandwich Half  
Oven Browned Potatoes  
Succotash  
Chilled Fruit  
Assorted Milk



Pork Roast w/Gravy or BBQ Meatballs **12**  
Chicken Tenders  
Mashed Potatoes  
Green Beans  
Fresh Fruit  
Assorted Milk

Pizza or Beef & Cheese Burritos **13**  
Potatoes Wedges  
Tossed Salad  
Cookie  
Chilled Fruit  
Assorted Milk

Hot Dog or Chicken Baked Noodles **16**  
Roll  
Potato Rounds  
Corn & Broccoli Combo  
Baked Apples  
Assorted Milk

Chicken Nuggets or Meat Loaf or BBO Franks **17**  
Mash Potatoes/Gravy  
Mixed Vegetables  
Chilled Blueberries  
Assorted Milk

Baked Ziti w/Roll or BBQ Beef Sand. **18**  
Oven Browned Potatoes  
Tossed Salad/Corn  
Animal Crackers  
Chilled Fruit  
Assorted Milk

Turkey Roast w/Gravy or Brown Sugar Ham **19**  
Rolls  
Duchess Potatoes  
Dressing w/Cranberry Sauce/Pumpkin Bars  
Green Beans/  
Assorted Fruit

Double Cheeseburger or Chef's Choice **20**  
Oven Fries  
Baked Beans  
Sherbet  
Fresh Fruit  
Assorted Milk

Taco Salad or Beef Yakisoba **23**  
Rice Pilaf  
Corn on Cob  
Blueberry Crisp  
Assorted Milk

Turkey Pot Pie or Hot Ham & Cheese Sand. **24**  
or  
Mini Chicken Sand. /Pic.  
Egg Noodles  
Vegetables Medley  
Rice Crispy Treat  
Chilled Fruit  
Assorted Milk

No School **25**

No School **26**

No School **27**

Chicken Nuggets or Chili Dog **30**  
Oven Fries  
Cold Slaw  
Cookie  
Fresh Fruit  
Assorted Milk

## Guess What?

On November 26, 1789, President George Washington proclaimed the first national Thanksgiving Day in the United States.

During the month of November, each school will be serving Thanksgiving Dinner. If you would like to join your child for Thanksgiving Dinner, please contact the appropriate cafeteria at least 48 hours in advance and let the manager know how many family members plan on attending Thanksgiving Dinner. Having 48 hour advance notice allows the kitchen time to prepare enough food for everyone. Adult meals are \$2.75. If you have any questions, please contact your student's school cafeteria.

Walker 624-7215  
Ft. Knox High 624-7035  
Scott Middle 624-5588  
Macdonald 624-5143  
Kingsolver 624-3619  
Pierce 624-6342  
Van Voorhis 624-2229  
Mudge 624-6724

