



North Knox JR/SR High School

Breakfast October 2017

<p>02</p> <p>Assorted Smoothies Apple Frudel Sausage Breakfast Pizza Chicken Biscuit</p>	<p>03</p> <p>Glazed donut Sausage Breakfast Pizza Sausage & Egg Muffin</p>	<p>04</p> <p>Assorted Smoothies Sausage & Cheese Fundel Sausage Breakfast Pizza Egg Bagel</p>	<p>05</p> <p>Glazed Cinnamon Roll Sausage Breakfast Pizza Sausage & Cheese Muffin</p>	<p>06</p> <p>Assorted Smoothies French Toast Sticks Sausage Breakfast Pizza Ham and cheese Biscuit</p>
<p>09</p> <p>Assorted Smoothies French Toast Sticks Sausage Breakfast Pizza Cheesy Egg Breakfast Burger</p>	<p>10</p> <p>Pancakes on a Stick Sausage Breakfast Pizza Chicken Patty muffin Melt</p>	<p>11</p> <p>Assorted Smoothies Glazed Cinnamon Roll Sausage Breakfast Pizza Egg, Ham and Cheese Flatbread Sandwich</p>	<p>12</p> <p>Glazed donut Sausage Breakfast Pizza Egg & Cheese Biscuit</p>	<p>13</p> <p>Assorted Smoothies Cherry Frudel Sausage Breakfast Pizza Sausage & Cheese Muffin</p>
<p>16</p> <p>ENJOY</p>	<p>17</p> <p>YOUR</p>	<p>18</p> <p>FALL</p>	<p>19</p> <p>BREAK</p>	<p>20</p>
<p>23</p> <p>Assorted Smoothies Glazed Chocolate donut Sausage Breakfast Pizza Egg & Cheese Biscuit</p>	<p>24</p> <p>Pancakes on a Stick Sausage Breakfast Pizza Chicken Biscuit</p>	<p>25</p> <p>Assorted Smoothies Blueberry Pancakes Sausage Breakfast Pizza Sausage & Cheese Muffin</p>	<p>26</p> <p>Egg & Cheese Fundel Sausage Breakfast Pizza Egg & Cheese Muffin</p>	<p>27</p> <p>Assorted Smoothies French Toast Sticks Sausage Breakfast Pizza Sausage and cheese Muffin</p>
<p>30</p> <p>Assorted Smoothies Mini Pancakes Sausage Breakfast Pizza Egg, Bacon, & Cheese Flatbread Sandwich</p>	<p>31</p> <p>Pancakes on a Stick Sausage Breakfast Pizza Chicken, Egg, and Cheese Wrap</p>	<p>01</p> <p>Assorted Smoothies Country Sausage Donut Melt Sausage Breakfast Pizza Sausage & Cheese Biscuit</p>	<p>02</p> <p>Apple Bosco Stick Sausage Breakfast Pizza Bacon, Egg, and cheese flatbread</p>	<p>Assorted Smoothies Waffles Sausage Breakfast Pizza Egg & Cheese Biscuit</p>

Did you know...

Research has shown that eating breakfast can improve a child's cognitive performance in the classroom, particularly memory and attention span. Menu subject to change

More info...

Assorted Cereal, muffins, poptarts, Fruit, Juice, and Milk available daily.