



# North Knox Intermediate School

## October 2017 Breakfast

02 Apple Bosco Stick	03 Glazed Donut	04 Sausage gravy fundle	05 Breakfast Pizza	06 Biscuit & Gravy
09 French Toast Sticks With Syrup	10 Pancakes On A Stick	11 Egg omelet with toast Hash brown	12 Glazed donut	13 Breakfast Pizza
16	17 Fall	Break	19	20
23 Apple Frudel	24 Pancakes On A Stick	25 Breakfast Pizza	26 Egg patty Pancake Melt	27 French Toast Sticks
30 Maple blast Pancakes	31 Morning Sausage roll	01 Egg omelet w/ toast hash brown	02 Chicken Waffle Sandwich	03 Sausage & cheese donut Breakfast melt

### Eat Healthy...

Studies show that healthy kids get better grades, attend school more often and behave better in class. Menu subject to change

### Also Available...

Assorted Cereal, poptart, muffin, yogurt, Fruit, Juice, and Milk available daily.