



North Knox Primary 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.