

KNOX HIGH SCHOOL - BREAKFAST - FEBRUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>(1)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Mini Cinnis (40g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p> <ul style="list-style-type: none"> • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) • String Cheese (2g Carbs) 	<p>(2)</p> <ul style="list-style-type: none"> • Mini Powdered Donuts (41g Carbs) • Mini Chocolate Donuts (42g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) • String Cheese (2g Carbs) 	<p>(3)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Sausage & Country Gravy Breakfast Pizza (25g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p> <ul style="list-style-type: none"> • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) • String Cheese (2g Carbs) 	<p>(4)</p> <ul style="list-style-type: none"> • Turkey Ham & Cheese Hawaiian Breakfast Sandwich (27g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Fruit (20g Carbs) • Variety of Juice (15g Carbs) • String Cheese (2g Carbs)
<p>(7)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Sausage & Country Gravy Breakfast Pizza (25g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p> <ul style="list-style-type: none"> • Variety of Fruit (20g Carbs) • Variety of Juice (15g Carbs) • String Cheese (2g Carbs) 	<p>(8)</p> <ul style="list-style-type: none"> • Pillsbury® Apple Frudel (36g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) • String Cheese (2g Carbs) 	<p>(9)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Donut Stick (29g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p> <ul style="list-style-type: none"> • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) • String Cheese (2g Carbs) 	<p>(10)</p> <ul style="list-style-type: none"> • Strawberry Cream Cheese Bagel (42g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Fruit (20g Carbs) • Variety of Juice (15g Carbs) • String Cheese (2g Carbs) 	<p>(11)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Yogurt Parfait (63g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p> <ul style="list-style-type: none"> • Variety of Fruit (20g Carbs) • Variety of Juice (15g Carbs) • String Cheese (2g Carbs)
<p>(14)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Sausage & Country Gravy Breakfast Pizza (25g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p>	<p>(15)</p> <ul style="list-style-type: none"> • Cinnamon Toast Crunch™ Soft Filled Pastry (41g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Juice (15g Carbs) • Variety of Fruit (20g Carbs) 	<p>(16)</p> <ul style="list-style-type: none"> • Mini Powdered Donuts (41g Carbs) • Mini Chocolate Donuts (42g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) 	<p>(17)</p> <ul style="list-style-type: none"> • Grape Filled Crescent (80g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) • Variety of Fruit (20g Carbs) • Variety of Juice (15g Carbs) 	<p>(18)</p> <p>Entrees</p> <ul style="list-style-type: none"> • Egg, Cheese & Turkey Bacon Breakfast Boat (25g Carbs) • Pop Tart (38g Carbs) • Blueberry or Chocolate Muffin (27g Carbs) <p>Sides</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Variety of Juice (15g Carbs) Variety of Fruit (20g Carbs) String Cheese (2g Carbs) 	<ul style="list-style-type: none"> String Cheese (2g Carbs) 	<ul style="list-style-type: none"> Variety of Juice (15g Carbs) Variety of Fruit (20g Carbs) String Cheese (2g Carbs) 	<ul style="list-style-type: none"> String Cheese (2g Carbs) 	<ul style="list-style-type: none"> Variety of Fruit (20g Carbs) Variety of Juice (15g Carbs) String Cheese (2g Carbs)
<p>(21)</p> <ul style="list-style-type: none"> Turkey Ham & Cheese Hawaiian Breakfast Sandwich (27g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Fruit (20g Carbs) Variety of Juice (15g Carbs) String Cheese (2g Carbs) 	<p>(22)</p> <ul style="list-style-type: none"> Cocoa Puffs Soft Filled Pastry (44g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Juice (15g Carbs) Variety of Fruit (20g Carbs) String Cheese (2g Carbs) 	<p>(23)</p> <ul style="list-style-type: none"> Cinnamon Pretzel Stick (30g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Fruit (20g Carbs) Variety of Juice (15g Carbs) String Cheese (2g Carbs) 	<p>(24)</p> <ul style="list-style-type: none"> Sausage & Country Gravy Breakfast Pizza (25g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Juice (15g Carbs) Variety of Fruit (20g Carbs) String Cheese (2g Carbs) 	<p>(25)</p> <ul style="list-style-type: none"> Pillsbury® Apple Frudel (36g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Fruit (20g Carbs) Variety of Juice (15g Carbs) String Cheese (2g Carbs)
<p>(28)</p> <ul style="list-style-type: none"> Egg, Cheese & Turkey Bacon Breakfast Boat (25g Carbs) Pop Tart (38g Carbs) Blueberry or Chocolate Muffin (27g Carbs) Variety of Juice (15g Carbs) Variety of Fruit (20g Carbs) String Cheese (2g Carbs) 				

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