

**KNOX HIGH SCHOOL- BREAKFAST-LUNCH MENU  
JANUARY- 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CEREAL BAR 9 YOGURT	BREAKFAST CHUNK BAR 10	POPTARTS 11	SAUSAGE BISCUIT 12
	HOT DOG/BUN CHIPS GARDEN SALAD MIXED VEGETABLES APPLESAUCE FRESH FRUIT	NACHO GRANDE SPANISH RICE GARDEN SALAD REFRIED BEANS BROCCOLI/CHEESE PEACHES SMOOTHIE FRESH FRUIT	CHICKEN DRUMMIES MAC & CHEESE DINNER ROLL GARDEN SALAD CORN PINEAPPLE FRESH FRUIT	GARLIC CHEESE PIZZA GARDEN SALAD GREEN BEANS PEARS SMOOTHIE FRESH FRUIT
DONUTS 15 YOGURT	CINNAMON TOAST 16	CREAM CHEESE 17 BAGEL	POPTARTS 18	SAUSAGE GRAVY 19 HOT BISCUIT
ITALIAN CHICKEN/BUN BAKED LAYS GARDEN SALAD DICED CUCUMBERS GRAPE TOMATOES CALIFORNIA BLEND SPICED APPLES SMOOTHIE FRESH FRUIT	CHEESEBURGER/BUN BAKED BEANS FRENCH FRIES GARDEN SALAD CELERY STICKS & DIP MANDARIN ORANGES FRESH FRUIT	QUESADILLA NACHO & CHEESE GARDEN SALAD REFRIED BEANS BROCCOLI MIXED FRUIT SMOOTHIE FRESH FRUIT	CHICKEN PATTY/BUN MASHED POTATOES CHICKEN GRAVY GARDEN SALAD CORN PINEAPPLE FRESH FRUIT	PEPPERONI BREAD- RIPPERS GARDEN SALAD PEAS & CARROTS PEARS SMOOTHIE FRESH FRUIT
MUFFINS 22 YOGURT	MINI PANCAKES 23	SAUSAGE BISCUIT 24	POPTARTS 25	SAUSAGE GRAVY 26 HOT BISCUIT
SPAGHETTI & MEATBALLS GARLIC TOAST GARDEN SALAD DICED CUCUMBERS GRAPE TOMATOES CALIFORNIA BLEND SPICED APPLES SMOOTHIE FRESH FRUIT	GRILLED CHICKEN/BUN AUGRATIN POTATOES GARDEN SALAD MIXED VEGETABLES APPLESAUCE FRESH FRUIT	FIESTADA PIZZA SPANISH RICE GARDEN SALAD REFRIED BEANS BROCCOLI PEACHES SMOOTHIE FRESH FRUIT	CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY DINNER ROLL GARDEN SALAD CREAM CORN PINEAPPLE FRESH FRUIT	STUFF CRUST PIZZA GARDEN SALAD GREEN BEANS PEARS SMOOTHIE FRESH FRUIT
PEANUT BUTTER 29 WAFER YOGURT	MINI WAFFLES 30	PIZZA STICK 31		
RAVIOLI GARDEN SALAD DICED CUCUMBERS GRAPE TOMATOES CALIFORNIA -BLEND SPICED APPLES SMOOTHIE FRESH FRUIT	SALISBURY STEAK MASHED POTATOES BROWN GRAVY DINNER ROLL GARDEN SALAD MIXED VEGETABLES APPLESAUCE FRESH FRUIT	CHILI WRAP NACHO & CHEESE REFRIED BEANS GARDEN SALAD BROCCOLI MANDARIN - ORANGES SMOOTHIE FRESH FRUIT		

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MENU IS SUBJECT TO CHANGE!