

KNOX MIDDLE SCHOOL BREAKFAST and LUNCH MENU

Menus are subject to change based on availability	November 2017				
<i>October 30 - November 3</i>					
Milk Is Served With all Meals	Monday	Tuesday	Wednesday	Thursday	Friday
	Asst Cereal/Grahams	Cinnamon Toast	Biscuit/Gravy	Omelet/Bagel	Breakfast Pizza
Milk Choices: Fat Free Chocolate 1 % White Fat Free White	Chicken Drumsticks Dinner Roll Mashed Potatoes/Gravy Corn Pineapple	Hot Ham & Cheese Oven Fries Celery/PB Carrot/Ranch Pears Nutty Bar	Nachos Refried Beans Broccoli Mixed Fruit Churro	Chicken Parmesan Buttered Noodles Side Salad Peas Applesauce	Cheese Pizza Soft Pretzels/Cheese Green Beans Baby Carrots/Dip Straw Mango Slushie
<i>November 6 - 10</i>					
Breakfast Juice:	Monday	Tuesday	Wednesday	Thursday	Friday
	Asst Cereal/Grahams	Pancake on Stick	Biscuit/Gravy	Frudel	Breakfast Sliders
<i>Orange Juice Apple Juice</i>	Chicken Rings Dinner Roll Mashed Potatoes/Gravy Corn Pineapple	Italian Beef Oven Fries Celery/PB Carrots/Ranch Pears Oatmeal Pie	Chicken Quesadilla Refried Beans Broccoli Peaches Churro	Lasagna Roll-up Cheese Breadstick Side Salad Peas Applesauce	Fiestada Nachos Green Beans Baby Carrots/Dip Cherry Lemon Slushie
<i>November 13 - 17</i>					
Breakfast Fresh Fruit:	Monday	Tuesday	Wednesday	Thursday	Friday
	Asst Cereal/Grahams	French Toast Sticks	Biscuit/Gravy	Thanksgiving Dinner	Breakfast Sandwich
<i>Monday: Apple Tuesday: Raisins Wednesday: Grapes Thursday: Apple Friday: Orange/Banana</i>	Country Fried Chicken Dinner Roll Mashed Potatoes/Gravy Corn Pineapple	Grilled Cheese/Soup Tater Tots Celery/PB Baby Carrots/Dip Pears Fudge Round	Burrito Refried Beans Broccoli Mixed Fruit Churro		Calzone Soft Pretzels/Cheese Green Beans Baby Carrots/Dip Straw Kiwi Slushie
<i>November 20 - 24</i>					
Lunch Fresh Fruit:	Monday	Tuesday	Wednesday	Thursday	Friday
	Asst Cereal/Grahams	Blueberry Waffles			
<i>Choice of: Apple Grapes Oranges Raisins Banana</i>	Chicken Nuggets Dinner roll Mashed Potatoes/Gravy Corn Pineapple	Pork Tenderloin Oven Fries Celery/PB Baby Carrots/Dip Pears Rice Krispy			
<i>November 27 - December 1</i>					
Daily Lunch Choices:	Monday	Tuesday	Wednesday	Thursday	Friday
	Asst Cereal/Grahams	Dutch Waffle	Biscuit/Gravy	Pop Tart	Breakfast Pizza
<i>Peanut Butter & Jelly with String Cheese Monday: Choc Chex Tuesday: Kids Mix Wednesday: Cheddar Chex Thursday: Harvest Chips</i>	Chicken Patty Potato Cheesebake Cauliflower Mandain Oranges	Meatball Sub Oven Fries Celery/PB Baby Carrots/Dip Pears Ice Cream Sandwich	Soft Shell Taco Refried Beans Broccoli Mixed Fruit Churro	Salisbury Steak Bosco Stick Mashed Potatoes/Gravy Side Salad Peas Applesauce	Pizza Bites Soft Pretzels/Cheese Green Beans Baby Carrots/Dip Blue Rasp Lem Slushie