

# KNOX MIDDLE SCHOOL BREAKFAST and LUNCH MENU

Menus are subject to change based on availability	<b>January 2018</b>				
<i>January 8-12</i>					
<b>Milk Is Served With all Meals</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		Strawberry Pancakes	Biscuit/Gravy	Trix Yogurt/Muffin	Breakfast Sandwich
<b>Milk Choices: Fat Free Chocolate 1 % White Fat Free White</b>		Hotdog Ruffles Baked Beans Carrot & Celery/PB Pears Choc Chip Cookie	Taco in a Bag Refried Beans Broccoli Peaches Churro	Rotini/Meatsauce Twist Breadstick Side Salad Peas Applesauce	Sausage Pizza Doritos Green Beans Carrot Sticks/Ranch Sour Apple Slushie
<i>January 15-19</i>					
<b>Breakfast Juice:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Asst Cereal/Grahams	Cinnamon Toast	Biscuit/Gravy	Omelet/Bagel	Breakfast Sandwich
<i>Orange Juice Apple Juice</i>	Pork Tenderloin Potato Cheesebake Cauliflower Mandarin Oranges	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>January 22-26</i>					
<b>Breakfast Fresh Fruit:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Asst Cereal/Grahams	Pancake on Stick	Biscuit/Gravy	Frudel	Breakfast Sandwich
Monday: Apple Tuesday: Raisins Wednesday: Grapes Thursday: Apple Friday: Orange/Banana	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>January 29 - February 2</i>					
<b>Lunch Fresh Fruit:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Asst Cereal/Grahams	French Toast Sticks	Biscuit/Gravy	Donut	Breakfast Sandwich
Choice of: Apple Grapes Oranges Raisins Banana	Chicken Tenders 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	Chicken Alfredo Penne Noodles Twist Breadstick Side Salad Peas Applesauce	Calzone Soft Pretzels/Cheese Green Beans Baby Carrots/Dip Straw Kiwi Slushie
<i>Daily Lunch Choices:</i>					
Peanut Butter & Jelly with String Cheese	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Monday: Choc Chex Tuesday: Kids Mix Wednesday: Cheddar Chex Thursday: Harvest Chips					