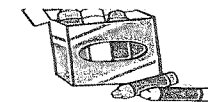

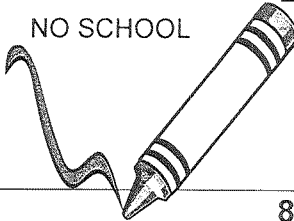



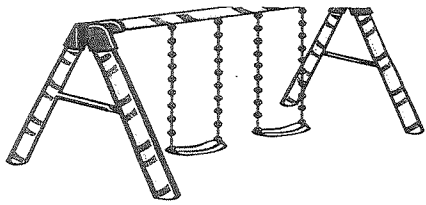
September 2017 - Breakfast Menu



*Fruit, juice, 8 oz white skim or
Fat free chocolate milk served daily


Monday	Tuesday	Wednesday	Thursday	Friday
August 28th NO SCHOOL	August 29th  Assorted cereals cheese stick muffins & fruit	August 30th Assorted cereals cheese stick muffins & fruit	August 31st Assorted cereals cheese stick muffins & fruit	August 31st NO SCHOOL 
	4 5 Bagels w/cream cheese or toast & fruit	6 Mini pancakes or toast & fruit	7 Egg omelets or toast & fruit	8 Yogurt & granola bar or toast & fruit
11 Assorted cereals Or muffins Cheese sticks & fruit	12 Pancake wrapped sausage Syrup cup Or toast & fruit	13 Breakfast pizza Or toast & fruit	14 McKnight Breakfast Sandwich Egg, cheese, sausage on an English Muffin Or toast & fruit	15 Fuel-up breakfast Bags
18 Yogurt granola bar or toast	19 French toast sticks Or toast & fruit	20 English muffins Or toast & fruit	21 Egg omelets Or toast & fruit	22 Assorted cereals Or toast & fruit
25 Waffle sticks & sausage Or toast & fruit	26 Assorted cereals Or toast & fruit	27 Pizza bagel Or toast & fruit	28 Mini pancakes Toast & fruit	29 Yogurt granola bar or toast

All breakfasts include one 8 oz. milk per serving, fruit or juice and are subject to change. Menu subject to change due to availability and/or school delays and cancellations. If you have any questions or concerns, please contact: Lori Manier at 563-5745.



September 2017 - Lunch Menu

Each combo includes
8 oz white skim or fat free chocolate milk
fruit and vegetable

Monday	Tuesday	Wednesday	Thursday	Friday	Knights 2 nd Bite 3 rd - 12 th grade
August 28th NO SCHOOL	August 29th Pepperoni pizza, steamed vegetables & fruit **No Salad Bar**	August 30th Chicken patty on a whole grain bun, corn pieces & fruit	August 31st Hot dog on a whole grain bun, baked beans, fries & fruit	NO SCHOOL	Monday Pizza & Salad Bar
4 LABOR DAY 	5 Soft tacos, veggie toppings bar & choice of fruit	6 Chicken strips, mashed potatoes, veggies & fruit	7 Corn dogs, smiley potatoes, veggies & fruit	8 Turkey wraps, veggie toppings & fruit	Tuesday Hot dogs & Salad Bar
11 Cheese pizza, veggies & fruit	12 Hamburgers, veggies & fruit	13 Popcorn chicken, stuffing, veggies & fruit	14 Nacho mounds, veggie toppings bar & fruit	15 Loaded sub sandwiches, veggie toppings bar & fruit	Wednesday Hamburger & Salad Bar
18 Hot dogs or brats on a whole grain bun, veggies & fruit	19 Chicken strips, potato pieces, veggies & fruit	20 Homestyle rotini w/meat sauce, garden salad, dinner roll & fruit	21 French toast sticks, sausage patty, veggies & fruit	22 Quesadillas, salad, veggies & fruit	Thursday Chicken patty & Salad Bar
25 French bread pizza, veggies & fruit	26 Turkey wraps, veggie toppings bar & fruit	27 Chicken alfredo w/spiral noodles, veggies & fruit	28 Soft tacos, veggie toppings bar & fruit	29 Cheese stuffed breadsticks, marinara dipping sauce, veggies & fruit	Friday PB&J Jammers, Yogurt & Salad Bar

Milk, endless fruit and vegetables and low fat dressing served daily. Menu subject to change due to availability and/or school delays and cancellations. Canned fruit is in light syrup. Contact Food Service with any questions or concerns at 563-5745.