


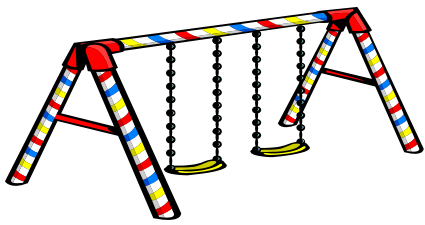


# September 2018 - Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 27<sup>th</sup></b> NO SCHOOL	<b>August 28<sup>th</sup></b> Assorted cereals cheese stick toast & fruit 	<b>August 29<sup>th</sup></b> Assorted cereals cheese stick toast & fruit	<b>August 30<sup>th</sup></b> Assorted cereals cheese stick toast & fruit	<b>31</b> NO SCHOOL 
<b>3</b> 	<b>4</b> Muffins or Toast & bacon	<b>5</b> Pancake wrapped sausage or toast	<b>6</b> Egg omelets or toast & fruit	<b>7</b> Mini pancakes or toast
<b>10</b> Yogurt Granola bar & cheese sticks	<b>11</b> Bagels w/cream cheese Or toast	<b>12</b> Muffins or toast & sausage patties	<b>13</b> Scrambled eggs & toast	<b>14</b> Cereal or toast
<b>17</b> PBJ, Yogurt Or toast	<b>18</b> French toast sticks Or toast & sausage patty	<b>19</b> Egg omelets Or toast	<b>20</b> Muffins or toast & bacon	<b>21</b> Breakfast pizza Or toast
<b>24</b> Mini pancakes Or Toast	<b>25</b> Knight Breakfast Sandwich ~Eggs, sausage patty, cheese on an English Muffin	<b>26</b> Granola bar or toast & yogurt	<b>27</b> Pop-tarts or toast	<b>28</b> Fuel-up bags

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: Head Cook at 563-5745.



# September 2018 - Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday	<b>Knights 2<sup>nd</sup> Bite</b> 3 <sup>rd</sup> – 12 <sup>th</sup> grade
<b>August 27<sup>th</sup></b> NO SCHOOL	<b>August 28<sup>th</sup></b> Pepperoni pizza, steamed vegetables & fruit **No Salad Bar Today Only**	<b>August 29<sup>th</sup></b> Hot dogs on a whole grain bun, veggies & fruit	<b>August 30<sup>th</sup></b> Soft tacos w/meat & cheese, veggie toppings & fruit	NO SCHOOL	<b>Monday</b>  <b>Calzones &amp; Salad Bar</b>
<b>3</b> <b>LABOR DAY</b> 	<b>4</b> Chicken patties on a whole grain bun, French fries, veggies & fruit	<b>5</b> Corn dogs, Mac N' Cheese, vegetables & fruit	<b>6</b> Nacho mounds, veggie toppings bar & fruit	<b>7</b> Turkey wraps, veggie toppings & fruit	<b>Tuesday</b>  <b>Mozzarella sticks &amp; Salad Bar</b>
<b>10</b> Spaghetti w/meat sauce, garden salad, garlic bread & fruit	<b>11</b> Hamburgers, potato pieces, veggies & fruit	<b>12</b> Knight Bowl~Popcorn chicken, mashed potatoes, corn & cheese & fruit	<b>13</b> Pizza, garden salad & fruit	<b>14</b> Loaded sub sandwiches, veggie toppings bar & fruit	<b>Wednesday</b>  <b>Pizza &amp; Salad Bar</b>
<b>17</b> Philly Steak Sandwich w/cheese sauce, veggies & fruit	<b>18</b> Chicken quesadillas, baked beans & fruit	<b>19</b> Asian chicken w/rice, vegetables & fruit	<b>20</b> Hot dogs on a whole grain bun, potato pieces, veggies & fruit	<b>21</b> Chicken strips, stuffing, veggies & fruit	<b>Thursday</b>  <b>Quesadillas &amp; Salad Bar</b>
<b>24</b> Lasagna roll-ups, garden salad, corn bread & fruit	<b>25</b> BLT Wraps, veggies & fruit	<b>26</b> French toast sticks, hash browns, sausage patty & fruit	<b>27</b> U.P. Pasty, coleslaw & fruit	<b>28</b> Cheese stuffed breadsticks, marinara dipping sauce, veggies & fruit	<b>Friday</b>  <b>PB&amp;J Jammers, Yogurt &amp; Salad Bar</b>

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