

September 2017

Knox County School District

LUNCH



School Information:

September 4th - NO SCHOOL
September 18th - NO SCHOOL



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



This institution is an equal opportunity provider

Menu Subject to Change without Notice



NO SCHOOL

4

Chicken Nuggets
Peas
Applesauce
Milk

5

Tenderloin on Bun
Cauliflower
Peaches
Milk

6

Pizza
Broccoli
Pears
Milk

7

Chicken Parmesan
Green Beans
Tropical Fruit
Milk

1

Cheeseburger on Bun
Oven Fries
Pineapple
Milk

11

Chicken Fillet
Mashed Potatoes & Gravy
Mixed Fruit
Milk

12

Corn Dog
California Blend
Peaches
Milk

13

Walking Taco
Carrots
Pears
Milk

14

McRib on Bun
Broccoli
Tropical Fruit
Milk

15

NO SCHOOL

18

Calzone
Corn
Peaches
Milk

19

Popcorn Chicken
Cauliflower
Tropical Fruit
Milk

20

Beef & Noodles
Mashed Potatoes
Mandarin Oranges
Cookie
Milk

21

Chicken Patty on Bun
Green Beans
Mixed Fruit
Milk

22

Chicken Parmesan
Lima Beans
Peaches
Milk

25

County Fried Steak
Mashed Potatoes & Gravy
Pears
Milk

26

Cheeseburger on Bun
California Blend
Tropical Fruit
Milk

27

Pizza
Carrots
Applesauce
Milk

28

Chicken Nuggets
Cauliflower
Mixed Fruit
Cookie
Milk

29