

Knob Noster August Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
			17	18
			Corn Dog / Ketchup	Pepperoni Pizza
			Potato Wedge	Romaine Salad w/ Tomato
			Baked Beans	Baby Carrots / Ranch Dressing
			Fruit	Fruit
			Hiland Milk	Hiland Milk
21	22	23	24	25
Turkey & Cheese on Goldfish Bread	Crispito / Salsa	Breaded Beef Patty	BBQ Rib Sandwich	Cheese Pizza
Carrots	String Cheese	Mashed Potatoes w/ Gravy	French Fries / Ketchup	Romaine Salad w/ Tomato
Apple Slices	Corn / Fruit	Green Beans / Fruit	Pork & Beans	Cucumber / Ranch Dressing
String Cheese / Fruit Roll-Up	Cookies	Whole Grain Roll	Fruit	Fresh Fruit
Hiland Milk	Hiland Milk	Hiland Milk	Hiland Milk	Hiland Milk
	Turkey & Cheese Sub	Sub Sandwich	Turkey & Cheese Roll Up	Sunbutter & Jelly Sandwich
28	29	30	31	September 1
Sweet & Sour Chicken / Brown Rice	Spaghetti w/ Meat Sauce	Chicken Strips	Chicken Fajita / Salsa	Sausage Pizza
Fresh Broccoli	Whole Wheat Breadstick	Mashed Potatoes w/ Gravy	Seasoned Black Beans	Romaine Salad w/ Tomato
Pork Egg Roll	Corn / Carrots	Green Beans / Fruit	Corn	Baby Carrots / Ranch Dressing
Fruit	Fruit	Whole Grain Roll	Fruit	Fruit
Hiland Milk	Hiland Milk	Hiland Milk	Hiland Milk	Hiland Milk
Ham & Cheese on Goldfish Bread	Turkey & Cheese Sub	Chicken Salad Sandwich	Turkey Flatbread Sandwich	Ham & Cheese Roll Up
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