

**SGC FOODSERVICE**  
**Knob Noster High School Lunch**  
**November 2017**

Oct 30, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Wed - 11/1/2017  CHICKEN PATTY BROWN GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK SUB SANDWICH W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN	Thu - 11/2/2017  PULLED BBQ PORK SANDWICH FRENCH FRIES Ketchup PORK & BEANS FRUIT HILAND MILK TURKEY & CHEESE ROLL UP W/ CARROTS CHICKEN PATTY SANDWICH	Fri - 11/3/2017  CHEESE PIZZA ROMAINE SALAD W/ TOMATO BABY CARROTS RANCH DRESSING FRESH FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN
Mon - 11/6/2017  CHICKEN NUGGET BROWN RICE FRESH BROCCOLI CHEESE SAUCE FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN	Tue - 11/7/2017  BEEFY MAC & CHEESE BREADSTICK CORN CARROTS FRUIT HILAND MILK TURKEY AND CHEESE SUB W/ CARROTS CHICKEN PATTY SANDWICH	Wed - 11/8/2017  CHICKEN STRIPS BISCUIT GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK CHICKEN CIABATTA W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN	Thu - 11/9/2017  PEPPERONI PIZZA ROMAINE SALAD W/ TOMATO CUCUMBER SLICES RANCH DRESSING FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS CHICKEN PATTY SANDWICH	Fri - 11/10/2017  NO SCHOOL TODAY

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient.

**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

**SGC FOODSERVICE**  
**KNOB NOSTER HIGH SCHOOL LUNCH**  
**NOVEMBER 2017**

Oct 30, 2017

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Mon - 11/13/2017  CRISPITO CHEESE SAUCE SALSA CORN FRUIT COOKIES MILK TURKEY AND CHEESE SUB W/ CARROTS AND DIP CHEESEBURGER ON WHOLE WHEAT BUN	Tue - 11/14/2017  LASAGNA BREADSTICK BROCCOLI W/ CHEESE CARROTS FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS CHICKEN PATTY SANDWICH	Wed - 11/15/2017  TURKEY BROWN GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK SUB SANDWICH W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN	Thu - 11/16/2017  BBQ RIB SANDWICH FRENCH FRIES Ketchup PORK & BEANS FRUIT HILAND MILK TURKEY & CHEESE ROLL UP W/ CARROTS CHICKEN PATTY SANDWICH	Fri - 11/17/2017  CHEESE PIZZA ROMAINE SALAD W/ TOMATO CUCUMBER RANCH DRESSING FRESH FRUIT HILAND MILK PB & J SANDWICH W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN
Mon - 11/20/2017  NO SCHOOL TODAY	Tue - 11/21/2017  NO SCHOOL TODAY	Wed - 11/22/2017  NO SCHOOL TODAY	Thu - 11/23/2017  NO SCHOOL TODAY	Fri - 11/24/2017  NO SCHOOL TODAY
Mon - 11/27/2017  CHEESEBURGER ON WHOLE WHEAT BUN KETCHUP FRENCH FRIES FRESH BROCCOLI CHEESE SAUCE FRUIT HILAND MILK HAM & CHEESE GOLDFISH SANDWICH W/ CARROTS CHICKEN PATTY SANDWICH	Tue - 11/28/2017  SPAGHETTI W/ MEAT SAUCE BREADSTICK CORN CARROTS FRUIT HILAND MILK TURKEY AND CHEESE SUB W/ CARROTS CHICKEN PATTY SANDWICH	Wed - 11/29/2017  CHICKEN STRIPS BISCUIT GRAVY MASHED POTATOES GREEN BEANS FRUIT WHOLE GRAIN ROLL HILAND MILK CHICKEN CIABATTA W/ CARROTS CHEESEBURGER ON WHOLE WHEAT BUN	Thu - 11/30/2017  QUESADILLAS Salsa SEASONED BLACK BEANS CORN FRUIT HILAND MILK TURKEY FLATBREAD W/ CARROTS CHICKEN PATTY SANDWICH	

\*THIS EMPLOYER IS AN EQUAL OPPORTUNITY PROVIDER

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