

SEPTEMBER 2017 Knob Noster High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri-9-1-2017 Sausage Pizza Romaine Salad w Tomato Baby Carrots Ranch dressing Fruit Hiland Milk Or Ham and Cheese Roll-Up
Mon-9-4-2017 Labor Day NO SCHOOL	Tues-9-5-2017 Chicken Parmesan Whole Wheat Breadstick Broccoli w Cheese Carrots Fruit Hiland Milk Or Ham & Cheese Sandwich	Wed-9-6-2017 Chicken Patty Mashed Potatoes/ Roll Green Beans Fruit Hiland Milk Or Sub Sandwich	Thur-9-7-2017 BBQ Pork Sandwich French fries Ketchup Pork and Beans Fruit Hiland Milk Or Turkey & Cheese Roll-up	Fri-9-8-2017 Cheese Pizza Romaine Salad w Tomato Baby Carrots Ranch Dressing Fruit Hiland Milk Or WW PB & J Sandwich
Mon-9-11-2017 Chicken Nuggets Brown Rice Fresh Broccoli Fruit Hiland Milk Ham & Cheese Sandwich	Tues-9-12-2017 Cheeseburger Macaroni Whole Wheat Breadstick Corn Carrots Fruit Hiland Milk Or Turkey & Cheese Sub	Wed-9-13-2017 Chicken Strips Mashed Potatoes/ gravy w Roll Green beans Fruit Hiland Milk Or Chicken Salad Sandwich	Thur-9-14-2017 Chicken Fajita Salsa Seasoned Black Beans Corn Fruit Hiland Milk Or Turkey Flatbread Sandw	Fri-9-15-2017 Pepperoni Pizza Romaine Salad w Tomato Cucumber Ranch Dressing Fresh Fruit Hiland Milk Or WW PB&J Sandwich
Mon-9-18-2017 Crispito w Cheese sauce Salsa Corn Fruit Cookies Hiland Milk Or Turkey & Cheese Sub	Tues-9-19-2017 Lasagna Whole Wheat breadstick Broccoli w Cheese Carrots Fruit Hiland Milk Or Ham & Cheese Sandwich	Wed-9-20-2017 Chicken Patty Mashed Potatoes/ Roll Green Beans Fruit Hiland Milk Or Sub Sandwich	Thur-9-21-2017 BBQ Rib Sandwich French fries Ketchup Pork & Beans Fruit Hiland Milk Or Turkey & Cheese Roll-Up	Fri-9-22-2017 Cheese Pizza Romaine Salad w Tomato Cucumber Ranch Dressing Fresh Fruit Hiland Milk Or WW PB&J Sandwich
Mon-9-25-2017 Cheeseburger French Fries Fresh Broccoli Fruit Hiland Milk Ham & Cheese Sandwich	Tues-9-26-2017 Spaghetti/Meat sauce Whole Wheat Breadstick Corn Carrots Fruit Hiland Milk Or Turkey & Cheese Sub	Wed-9-27-2017 Chicken Strips Mashed Potatoes/ gravy w Roll Green beans Fruit Hiland Milk Or Chicken Salad Sandwich	Thurs-9-28-2017 Chicken Fajita Salsa Seasoned Black Beans Corn Fruit Hiland Milk Or Turkey Flatbread Sandw	Fri-9-29-2017 Sausage Pizza Romaine Salad w Tomato Baby Carrots Ranch dressing Fruit Hiland Milk Or Ham and Cheese Roll-Up

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. USDA is an equal opportunity employer. Menus are subject to change