

**SEPTEMBER 2017** Knob Noster Elementary School, Whiteman Elementary School and Knob Noster Middle School Lunch Menu

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