



North Knox Intermediate School

September 2016

			01 Philly Cheesesteak Chicken Patty Sandwich Breaded Buffalo Chicken Salad Green Beans Celery Sticks Fresh Cantaloupe	02 Pepperoni Pizza BBQ Pork Riblet Sandwich Turkey & Cheese Sub Steamed Broccoli Baby Carrots Fresh Fruit Cup
05 LABOR DAY NO SCHOOL	06 Pasta w/ Italian Meat Sauce Cheeseburger Popcorn Chicken Salad Green Beans Fresh Cucumber Slices Fresh Orange Wedges	07 Broccoli & Cheese Baked Potato w/ Dinner Roll Chicken Nuggets All-American Sub Steamed Carrots Red Peppers Fresh Fresh Banana	08 Chicken Tacos w/ Mexican Rice Chicken Patty Sandwich Fruit, Yogurt & Cheese Plate Refried Beans Celery Sticks Fresh Cantaloupe	09 Pepperoni Pizza BBQ Pork Riblet Sandwich Turkey & Cheese Sub Steamed Broccoli Baby Carrots Fresh Fruit Cup
12 Meatball Pizza Sub Corn Dog Ham & Cheese Sub Tater Tots Fresh Broccoli Fresh Apple Wedges	13 Chicken Mashed Potato Bowl Cheeseburger Salad w/ Fresh Apple Slices & Peanut Butter Orange Glazed Carrots Fresh Cucumber Slices Fresh Orange Wedges	14 Cheesy Baked Pasta Chicken Nuggets All-American Sub Campfire Beans Red Peppers Fresh Fresh Banana	15 Roast Turkey w/ Traditional Stuffing Chicken Patty Sandwich Breaded Buffalo Chicken Salad Green Beans Celery Sticks Fresh Cantaloupe	16 Cheese Pizza BBQ Pork Riblet Sandwich Turkey & Cheese Sub Steamed Broccoli Baby Carrots Fresh Fruit Cup
19 Cheese Pizza Sticks w/ Marinara Sauce Corn Dog Ham & Cheese Sub French Fries Fresh Broccoli Fresh Apple Wedges	20 Salisbury Steak w/ Parsley Noodles Cheeseburger Ranch Chicken Salad Green Beans Fresh Cucumber Slices Fresh Orange Wedges	21 Orange Popcorn Chicken w/ Broccoli Chicken Nuggets All-American Sub Orange Glazed Carrots Red Peppers Fresh Fresh Banana	22 Chicken Alfredo Chicken Patty Sandwich Fruit, Yogurt & Cheese Plate Baked Beans Celery Sticks Fresh Cantaloupe	23 Pepperoni Pizza BBQ Pork Riblet Sandwich Turkey & Cheese Sub Steamed Broccoli Baby Carrots Fresh Fruit Cup
26 Sloppy Joe Melt Corn Dog Ham & Cheese Sub Tater Tots Fresh Broccoli Fresh Apple Wedges	27 Chicken Quesadilla w/ Sante Fe Rice Cheeseburger Salad w/ Fresh Apple Slices & Peanut Butter Fajita Blend Fresh Cucumber Slices Fresh Orange Wedges	28 Cheeseburger Roll Chicken Nuggets All-American Sub French Fries Red Peppers Fresh Fresh Banana	29 Ranch Chicken Flatbread Chicken Patty Sandwich Turkey Chef Salad Green Beans Celery Sticks Fresh Cantaloupe	30 Cheese Pizza BBQ Pork Riblet Sandwich Turkey & Cheese Sub Steamed Broccoli Baby Carrots Fresh Fruit Cup

Your child might be eligible! Apply for **free & reduced-price** meals. Have the peace of mind that your child is receiving healthy and nutritious breakfast and lunch meals every day at school. It's vital to their growth and development.

More info...
1% and Fat Free White Milk and Fat Free
Chocolate Milk offered daily
100% Fruit Juice offered daily
Lunch - \$2.30