

Knox Trail “Grab n’ Go” Menu Cycle

In attempts to make lunch readily accessible to all students, students at Knox Trail Middle School will have various “grab n’ go” options in addition to the main entrée on a daily basis. These items will be on a “first come first serve” basis. All meals come with a choice of fruit and/or vegetables and an 8oz milk. Students purchasing an “alternative meal” are welcomed to any of the hot fruits/vegetables that are available with the main entrée meal. PB&J (Sunbutter & Jelly) sandwiches will be available daily in all schools. All meals meet the new nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010.

Student Lunch (Knox): \$3.00

Adult Lunch: \$4.00

Milk Only: \$.60

Week #	Monday	Tuesday	Wednesday	Thursday	Friday
1	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll
	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap
	Hot Ham & Cheese Sandwich	Hot Ham & Cheese Sandwich	Hot Ham & Cheese Sandwich	Hot Ham & Cheese Sandwich	Hot Ham & Cheese Sandwich
Week #	Monday	Tuesday	Wednesday	Thursday	Friday
2	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll
	Italian Grinder	Italian Grinder	Italian Grinder	Italian Grinder	Italian Grinder
	Crispy Chicken Patty Sandwich (plain or spicy)	Crispy Chicken Patty Sandwich (plain or spicy)	Crispy Chicken Patty Sandwich (plain or spicy)	Crispy Chicken Patty Sandwich (plain or spicy)	Crispy Chicken Patty Sandwich (plain or spicy)
Week #	Monday	Tuesday	Wednesday	Thursday	Friday
3	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll
	Mediterranean Hummus Wrap	Mediterranean Hummus Wrap	Mediterranean Hummus Wrap	Mediterranean Hummus Wrap	Mediterranean Hummus Wrap
	Crispy Fish Sandwich	Crispy Fish Sandwich	Crispy Fish Sandwich	Crispy Fish Sandwich	Crispy Fish Sandwich
Week #	Monday	Tuesday	Wednesday	Thursday	Friday
4	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll	Garden Salad w/ Chicken & Roll
	Turkey Bacon Grinder	Turkey Bacon Grinder	Turkey Bacon Grinder	Turkey Bacon Grinder	Turkey Bacon Grinder
	Hamburger/Cheeseburger	Hamburger/Cheeseburger	Hamburger/Cheeseburger	Hamburger/Cheeseburger	Hamburger/Cheeseburger

Menus are subject to change without notice

This institution is an equal opportunity provider.