



Knox Trail Middle School Lunch Menu: November 2018



All students will be offered the items listed below and will have the choice to choose at least 3 of the items listed; 1 choice must be 1 full serving of a fruit, vegetable or a combination of both. A student may opt to choose all menu items listed, but on a "choice of" day, students will be limited to one main entrée item. Menus are subject to change without notice due to item availability.

*All meals meet the nutrition standards set forth by the Healthy, Hunger-Free Kids Act of 2010. Free/Reduced lunch applications may be submitted at any time throughout the school year.

*Food allergies must be documented with the school nurse and the Food Service Director – please contact Food Service Director if student needs menu accommodations.

Available Daily: PB&J, Salad Bar, Deli Bar. Grab n' Go items available daily; selections rotate weekly




Student Lunch: \$3.00

Additional Entrée: \$2.00

Milk Only: \$.60

Adult Lunch: \$4.00

All meals come with either fresh or chilled fruit, side garden salad, carrot sticks, or other fresh vegetables, and choice of 8oz milk (Skim white, 1% white, fat free flavored milk).

Grab n' Go Week #	Monday	Tuesday	Wednesday	Thursday	Friday
#2	Remember to Pre-Pay for meals, by visiting MySchoolBucks.com		Harvest of the Month 	1. Sizzilin' Chicken Fajitas Sautéed Peppers and Onions Gallo Pinto (Rice n' Beans) Fiesta Corn	2. Homemade Pizza! Cheese, Pepperoni, Chef's Choice Roasted Chickpeas Carrot and Celery Sticks w/ dip
#3	5. Meatball Grinder Sandwich Roasted Potato Wedges Italian Green Beans	6. Chicken Nugget Combo: Nuggets and Mozzarella Sticks Assorted Dipping Sauces Broccoli Polonaise	7. Nachos with Taco Beef and Nacho Cheese Sauce Mexican Black Beans Seasoned Corn	8. Chicken Patty Sandwich Lettuce & Tomato Toppings Scrumptious Sweet Potato Fries Side Caesar Salad	9. ½ Day of School Bagged Lunches Available for Purchase Choice of: PB&J or Ham & Cheese Sandwich <i>Served with fruit, carrot/celery sticks, 8oz water and a snack</i>
#4	12. No School Today 	13. Sloppy Joe Sandwich Homemade Baked Beans Coleslaw Cape Cod Chips	14. Breakfast for Lunch! Mini Pancakes w/ syrup Sausage Links Crispy Tater Tots Baked Sweet Potatoes & Apple	15. Thanksgiving Dinner! Roasted Turkey with Gravy Creamy Mashed Potatoes Seasoned Green Beans Warm Dinner Roll Pumpkin Cookies	16. Homemade Pizza! Cheese, Pepperoni or Chef's Choice Honey Glazed Carrots Fresh Broccoli Salad
#1	19. Homemade Calzone! Cheese, Pepperoni, Chef's Choice Scrumptious Sweet Potato Fries Italian Green Beans	20. Grilled Cheese Sandwich and Tomato Soup Crackers *Crunchy Kale Salad*	21. ½ Day of School NO BAGGED LUNCHES ONLY BREAKFAST TODAY	22. Happy Thanksgiving! 	23. No School Today
#2	26. Mashed Potato Bowl (w/ corn and gravy) Seasoned Green Peas Honey Wheat Dinner Roll	27. Fish n' Chips Homemade Mac n' Cheese Garlic Lemon Broccoli	28. Spaghetti w/ Marinara Sauce (Meat or meatless) Italian Green Beans Warm Garlic Breadstick	29. Chicken and Cheese Quesadilla Mexican Black Beans Chipotle Corn	30. Homemade Pizza! Cheese, Pepperoni, or *Cheesy White Pizza with Kale* Moroccan Carrot Salad